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BEAVER BATTLE
NATIONAL SYMBOL TAKING ON A BEARISH UPSTART {page 4}

OC TRANSPO DRIVER TOLD TO CUT THE SINGING
{page 3}

OTTAWA metro®
Thursday, November 10, 2011
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News worth sharing.

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Occupy protesters, NCC on collision course

Federal minister responsible for NCC, John Baird, says he's doesn't want Winterlude affected by protest But he doesn't direct commission's day-to-day affairs

JOE LOFARO
@METRONEWS.CA

The NCC wants to liberate Confederation Park from Occupy Ottawa in time for its annual Winterlude programming.

"The goal is to bring back this land to its normal, usual public use and to carry on the planning of programming for the park," said NCC spokesperson Jean Wolff. "The how and when is not determined yet."

Across Canada, municipalities are moving to wind up the protests, with London authorities seizing tents, Vancouver ordering people to disperse and Toronto Mayor Rob Ford saying he wants protesters to move on.

The decision to not share the park with Occupy Ottawa is a matter of space and safety, the NCC said.

"It is difficult to envisage the installations and the hundreds of thousands of people that visit over the three weekends," said Wolff.

Those safety concerns reared their head yesterday morning when protesters said they found approximately 350 needles scattered on the outskirts of the park near the NAC and Rideau Canal in an alleged sabotage attempt. NAC security was notified, and Ottawa police said they are investigating.

Meanwhile, Occupy Ottawa's infrastructure committee said the group plans to move some tents to a contained area near Laurier Avenue to accommodate Remembrance Day festivities on Friday. Those tents can stay there longer if needed, he said.

"For Winterlude's case, we're not going to move our tents because a lot of our things will already be out of their way," said a the committee member. "We're not trying to be an eyesore. We're trying to be aware to the public to get our messages across."

JOE LOFARO/METRO

▶ A member of Occupy Ottawa's infrastructure committee said the tents pictured above will be relocated to another part of the park to accommodate Remembrance Day festivities on Friday.

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Bus driver asked to put the brakes on singing

Mayor supports OC Transpo's ban on singing Bus driver ballads on YouTube include Don Gibson's 'I Can't Stop Loving You' and Randy Goodrun's 'You Needed Me'

JESSICA SMITH
@METRONEWS.CA

If OC Transpo allows bus driver Yves Roy to sing at the wheel, what's to stop teenaged riders from blasting rap music on their boom boxes or the mayor himself from bringing a karaoke machine on board and performing for commuters?

That's the reason Mayor Jim Watson gave yesterday for supporting OC Transpo management on its decision to ask driver Yves Roy to stop singing at the wheel.

"If we allow a driver to start singing and entertaining, how do we say no to a passenger who wants to start tap dancing or doing standup comedy? When I go on a bus, I want a calm and peaceful environment. If I want to go and be entertained I'll go to a club or a concert," Watson said after yesterday's city council meeting.

Yves Roy is the star of a couple of YouTube videos for singing as he drives. He's also earned letters of praise and complaint for his on-the-job performances.

"If we can't say no to a driver singing, why can't I bring on a big karaoke machine and start performing? ... How do we say no to someone who's got a big boom box and cranks up some rap music? I think you would say no to that."
MAYOR JIM WATSON

Transit Commission chair Diane Deans said Roy's singing was not as clear cut as the situations earlier in the week involving a different driver who swore at and threatened a passenger, or another driver caught using a cellphone while at the wheel.

"You don't want to squash people's enthusiasm and obviously he's a positive person and lots of our customers have enjoyed hearing him sing. But the reality is we have to run a professional workforce and we have to have rules," said Deans.

After news of the decision broke, fans of the driver took to Twitter to complain and radio station Kiss FM launched a petition, "Let him sing" that gained more than 200 signatures in the first few hours.

YOUTUBE

▶ OC Transpo driver Yves Roy belting out a tune while driving.

For the latest news visit metronews.ca

Reader tweets

- **@Miki Gregory:** OC Transpo does not get it !! Yves Roy made the bus ride better ! The people who complained need to lighten up !! #whatsupwithpeople
- **@BridgetHB:** This is so typical of OC Transpo, not appreciating their good employees: OC Transpo silences singing bus driver
- **@jamiecalder:** Hmmm, seems we might need to hold a sing-in on an OC Transpo bus. Who's in?
- **@urbandetail:** Read that OC Transpo has asked Yves Roy not to sing and drive. Never lose your tune, Yves. Those a**holes will be first against the wall.

1 news

Quebec wants a Catholic congregation to add more money to an $18-million settlement accepted by 215 victims of sexual abuse. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Buddy and Pedro, the Toronto Zoo's same-sex penguin pair, have become an online sensation. Watch video at metronews.ca/video

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Polar opposites?

Which animal should be Canada's proud national symbol? The beaver or the polar bear? Metro Ottawa managing editor Sean McKibbon and Metro Winnipeg managing editor Elisha Dacey discuss the pros and cons

PHOTO ILLUSTRATION/DAVID VAN DYKE/METRO

TEAM POLAR BEAR

ELISHA DACEY
METRO WINNIPEG

TEAM BEAVER

SEAN McKIBBON
METRO OTTAWA

Sean: Polar bears are too intimidating to be Canada's national symbol.

Elisha: There's nothing wrong with Canada's new symbol being a little more intimidating than the beaver. We can't be a nation of apologetic fur-trappers with big teeth forever, plodding along like a wet oversized rat.

Sean: The beaver is the entrepreneur and engineer of the animal kingdom.

Hardworking, industrious and clever, the beaver launched not one but two national retailers, HBC and the Northern Store. It taught humans about the lumber industry, the fur trade and how to build hydroelectric dams.

Who would you rather have as a role model for kids? A Coca-Cola-swilling albino bully who gets his kicks killing cute baby seals and making Sir Paul McCartney cry before heading down to the Churchill dump to scavenge for parts for his Trans Am, or an industrial tycoon? It's Trailer Park Boys vs. Dragons' Den here, and the beaver-capitalist is coming out on top.

Elisha: We need a symbol that shows our strength and our pride, and that matches the majesty of our beautiful country. Not one that shows off our flabby belly.

The polar bear is a fuzzy-pawed survivalist. Able to live through the harshest of conditions; the polar bear is so hardcore that it can take on a beluga whale. There's no cosying up in a den to sleep through the winter like most bears. They tough it out. They survive in the open tundra. They're at the top of the food chain. And they're good-looking, to boot. It's an image Coca-Cola is smart enough to cultivate.

Being clever and industrious is fine for sidekicks. Being majestic, fearless and quietly strong is better for leaders.

Sean: I'll take an animal who builds a safe, sturdy house for his family and sticks around to raise his young over one that leaves a trail of single bear mothers who are forced to burrow into a snow bank to find a place to hibernate with their kids.

Beavers are dam fine animals.

Elisha: Like I said, polar bears are survivors. They can make a home out of anything, even a snowbank, and mama is fierce enough to raise her cubs on her own.

And I'm pretty sure they wouldn't mind munching on a tasty beaver — spitting their pelts out as they go.

The question that sent you all a-Twitter

Which is better? The polar bear or the beaver?

- **@flangela_lyne:** I'm #TeamBeaver! What would Canada be without the famous #Beavertails? Do we want our symbol to be a bar shot? #polarbear
- **@destinfall:** I'm Team Beaver.
- **@OliviaJonesQMFM:** Polar bear!
- **@ImperialJedi:** Team Polar Bear!
- **@ilockitdown:** I wish there was a #TeamMoose
- **@DayaCounselling:** Team Beaver! They're on our 5 cent coins. Plus they cut down trees with their teeth! That's just awesome! ^NS
- **@Myles_Burke:** Polar Bear. I don't think that we need to purvey ourselves so passively (as beavers) all the time.
- **@Wanitalund:** I'm neither, I want a Moose

What you say

In a clash of nationally symbolic titans, which corner are you in?

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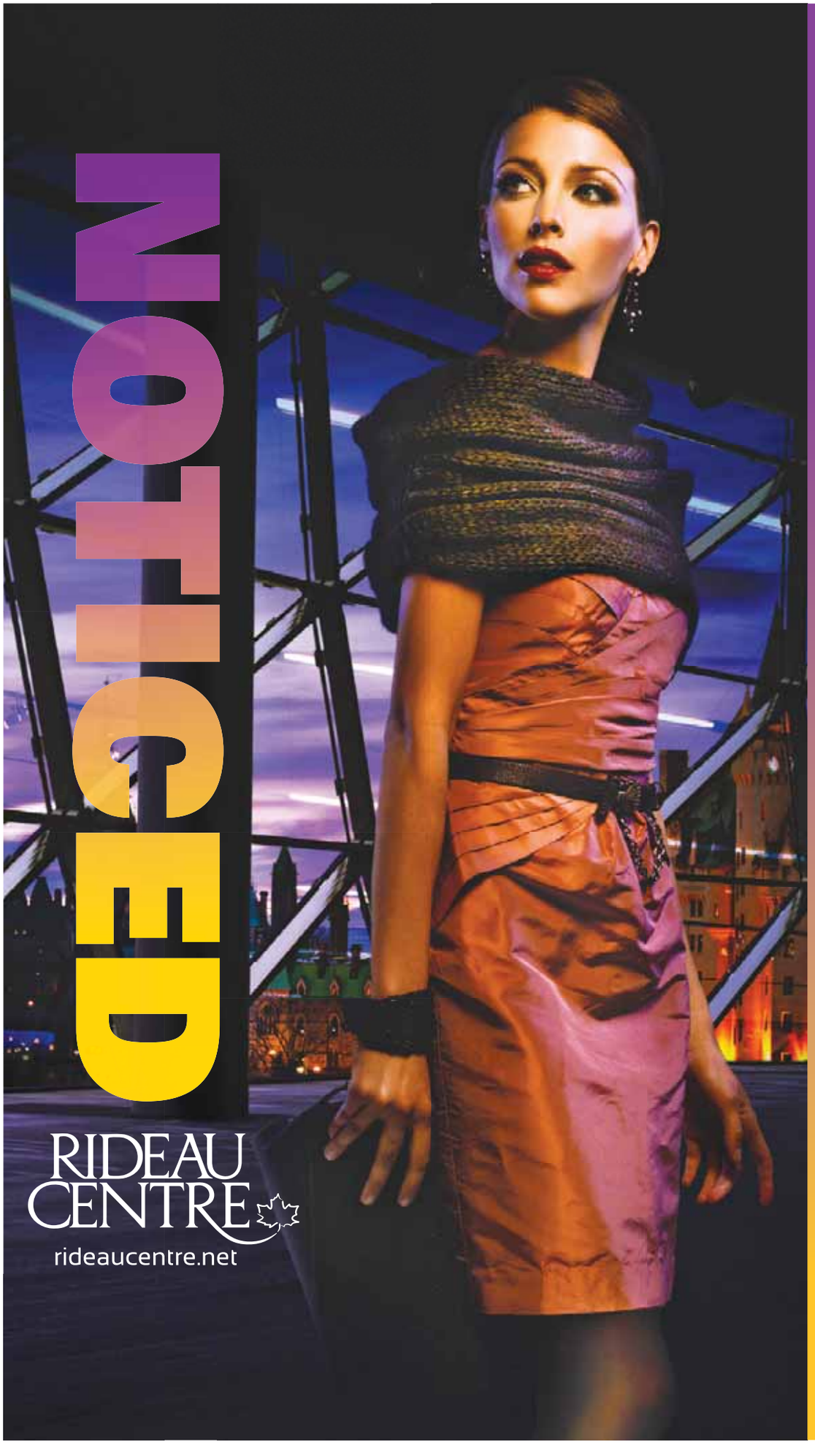

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Better work on your material, because this ain't improv

STEVE COLLINS/METRO

So you think you're funny?

Comic Mike Kelly hits the stage at Yuk Yuk's for the very first time.

STEVE COLLINS
OTTAWA@METRONEWS.CA

It's Wednesday night in the darkened basement that serves as Yuk Yuk's location on Elgin Street. Seven aspiring comics wait to show their stuff at the comedy club's weekly New Talent Showcase. Most have a couple of years under their belts, but there has to be a first time, and tonight is Mike Kelly's.

The 28-year-old government worker has been watching from the audience for two years, working up the nerve to grab the mike for himself.

"Just being here is a success," he says, admitting to some nervousness but showing little. "My goal was just to show up today and not hide in my bedroom."

Fellow performer Chris Timms, who's been doing standup comedy for three years and just returned from dates in Vancouver, says Kelly should just "go up like he's been doing it forever. Confidence. If you look confident on stage, everything you say will come across a hell of a lot clearer. Even if your jokes aren't funny, the people will give you some love if you're confident."

Kelly has prepped his five minutes of material, some of it written the night before, a last-minute habit from his school days.

"It's mostly stuff that I find absurd, like hot-air balloons and Costco," he says of his subject matter.

"Hot-air balloons are a perfect form of transportation if your requirements are to get somewhere really slowly and with the added risk of third-degree burns," Kelly tells the audience.

The crowd, warmed up by MC Nick Carter and the other comics, seem to share this sense of absurdity, and Kelly's assured, energetic set gets good laughs and applause.

New Talent

Yuk Yuk's has changed its new-talent showcase this fall.

- **Amateur night.** On Wednesday nights the club that helped launch stars like Norm and Mike MacDonald, John Dore and Tom Green hosts an amateur night. But instead of just amateurs the club is offering a combination of new performers and experienced acts working on new material.
- **Admission.** It's $6 to get in. The club says it's a chance for the public to see tomorrow's stars today.
- **Online.** For more information about attending a show or performing go to yukyuks.com

"He didn't introduce me as a new talent until after I was done," says Kelly afterwards. "I kinda liked that, so then people weren't giving me pity applause. You had to earn your laughs, so that was good."

Carter says he was impressed by Kelly's professionalism from the moment he remembered to move the microphone stand aside after taking the mic off it, instead of leaving it there to distract the audience's eye. He also saw a good comic rhythm and timing.

"He knew where the laughs were going to be," Carter says. "He didn't talk for five minutes just going, 'I wonder where they're going to laugh.'"

Does Kelly see a future in laughs-for-hire, in going pro someday?

"Well, one day at a time. Yeah, it'd be fun to do, but I mean, this is amateur night No. 1, and I just focused on doing this, and then I'm going to focus on amateur night No. 2."

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Video. Release

▶ From left, Bars & Tone band members Raw, Sean Blake and Joe Nativv appear in a music video filmed on Granville Street in Vanier on Sunday night.

JOSH REYES/FOR METRO

You heard it right here, right now

Members of Bars & Tone, an Ottawa band, rounded up a bunch of their friends on Sunday to film a music video in Vanier. The group plans to enter it in the Video of the Year category of the 2012 Juno Awards. Band members Sean Blake, Joe Nativv and Raw filmed the video for the track Be Right Now, released today on their new album, El Taco del Fuego. Watch it at youtube.com/user/BarsandToneMusic.

Beware of phone filchers, cops warn

iPhones the most common target in recent rash of swarmings ◐ No known link in thefts, police say

JESSICA SMITH
@METRONEWS.CA

Smartphone users should be wary after a spate of robberies and swarmings in the city, Ottawa police cautioned yesterday.

"Over the last several days there have been a number of incidents on transit buses and in the Market and Mackenzie King Bridge areas where suspects have been targeting individuals for phones," police said in a media release.

Smartphones were the target in at least four swarmings this week alone, police said. The most recent incidents happened between 9 and 11 p.m.

Officers are also asking retailers to be aware of thefts if they are approached by someone offering to sell smartphones.

Anyone with information is asked to contact the Robbery Unit at 613-236-1222, ext. 5116; or Crime Stoppers at 613-233-8477 (TIPS).

Phone sense

- **Be alert** to your surroundings and avoid isolated areas, especially after dark.
- **Travel in a group** whenever possible.
- **Don't display** possessions such as cellphones and music devices in public.
- **Let someone know** where you are going and when you are expected home.
- **If you are swarmed,** do not resist your attackers — they could be armed.

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'Bully Buster' lauded for volunteerism

The creator of a program that teaches kids to deal with bullying in a non-violent way was honoured at City Hall yesterday.

Mayor Jim Watson presented Phil Nguyen with the City Builder award for his extensive volunteer work, including teaching the Bully Busters program to more than 1,000 students. Nguyen and his wife, Amelia, also teach safety tips, self-empowerment strategies and self-defence techniques to students and scout groups.

"We teach children assertiveness and verbal and non-verbal communication skills to resolve conflict peacefully," Nguyen said. "Martial arts helps people stay strong in body, mind and spirit. I think if we had a society where children, teenagers and adults did that on a continual basis, they would have higher self-esteem and greater self-confidence." JESSICA SMITH

JESSICA SMITH/METRO

▶ Mayor Jim Watson hands Justice Nguyen a City Builder plaque at city hall yesterday as Phil Nguyen, Coun. Eli El-Chantiry, Amelia Nguyen and baby Jackson Nguyen look on.

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U.S. lawyer sentenced over plot to kill wife

Steele, who represented white hate group in 2000 trial, to serve 50 years in federal prison for hiring man to murder wife, mother-in-law

An Idaho attorney who once represented the white-supremacist Aryan Nations group was sentenced yesterday to 50 years in federal prison in the failed plot to kill his wife and mother-in-law.

Edgar J. Steele wanted the women dead so he could collect on an uninsured-motorist insurance policy and be free to pursue a relationship with a woman from the Ukraine, prosecutors said.

He paid $10,000 in silver to another Idaho man who agreed to kill the women, authorities said.

The would-be hit man, Larry Fairfax, testified during Steele's trial that he accepted the silver because he was desperate for money, but never intended to carry out the plan.

"Through his conduct, including his attempts to influence a witness, Mr. Steele earned every month in prison to which the district court sentenced him."
U.S. ATTORNEY WENDY OLSON

Steele, 66, was convicted in May. He was sentenced by U.S. District Court Judge B. Lynn Winmill.

Steele, who represented Aryan Nations and founder Richard Butler during the 2000 trial that bankrupted the hate group, has always denied trying to kill his wife, and Cyndi Steele continues to support him. He told the court yesterday he was the victim of a government conspiracy because of his political views. He demanded that the judge release him immediately.

"There is no justice today in America for the politically incorrect," Steele told Winmill. "I am a political prisoner."

Fairfax, 50, confessed to attaching a pipe bomb to Cyndi Steele's vehicle, but said he rigged it so it wouldn't go off. It was discovered when she stopped for an oil change shortly after her husband's arrest. An explosives expert said it could have detonated.

Fairfax, who worked for Steele and his wife at their ranch for years, went to the FBI and agreed to carry a hidden recording device to capture conversations about the plot between the two men at Steele's home.
THE ASSOCIATED PRESS

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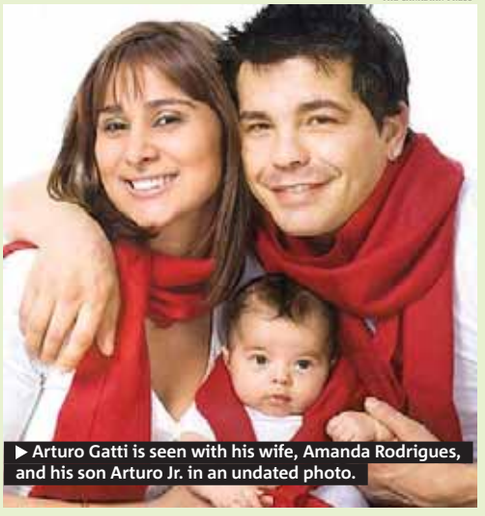

▶ Arturo Gatti is seen with his wife, Amanda Rodrigues, and his son Arturo Jr. in an undated photo.

NO EVIDENCE OF MURDER IN BOXER'S DEATH: REPORT

A Quebec coroner's report into the 2009 death of champion boxer Arturo Gatti says there's no hard evidence anyone killed him.

Gatti, a Canadian boxer nicknamed "Thunder" who rose to fame in the U.S., died at a Brazilian resort in 2009.

The long-awaited report by Jean Brochu was released yesterday and was critical of the original police investigation, noting shortcomings in the U.S. findings.

Brochu's conclusion was that Gatti died a "violent death," but foul play is not believed to be the cause of death. The probable cause of death was listed as asphyxiation by neck constriction.

"Much of the debate surrounding the circumstances of the death revolved around the question of whether a third party was involved in Arturo Gatti's death," Brochu wrote.

"The conclusion of the Montreal pathologists to the effect that there is no clear evidence of foul play in Mr. Gatti's death means I cannot dismiss the formal conclusions reached by the authorities of the country where it occurred."

An investigation by Brazilian authorities had ruled the death a suicide. A private investigation ordered by one of his handlers later ruled Gatti's death was a homicide.

Brochu's report says the mishandling of forensic evidence makes it difficult to conclude with certainty what happened. **THE CANADIAN PRESS**

Demonstrators. Push back

▶ Thousands of students marched through central London yesterday to protest cuts to public spending and a big increase in university tuition fees. Police said there were "a number of arrests for public-order offences," but the march was largely peaceful.

MATT DUNHAM/THE ASSOCIATED PRESS

Protest erupts in London over spending cuts

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Be prepared for massive quake

Top geophysicist says training will reduce fatalities
Improved earthquake-hazard maps provide protection

Canada could expect a major earthquake at any time and a top geophysicist says it should prepare itself if it is to avoid the kind of disasters that befell Japan, Italy and China in recent years.

John Cassidy, head of earthquake seismology at the Geological Survey of Canada, says large earthquakes have hit parts of Canada numerous times — and will again.

"Certainly we could expect an earthquake at any time and should be prepared for a large earthquake at any time in Canada," Cassidy said in an interview prior to delivering a lecture at Carleton University. "We've seen many over the years, going back in time."

Vulnerable

- He says the most vulnerable region is the West Coast, which has been hit with giant, magnitude-9.0 quakes 13 times in the last 6,000 years, the last of them 311 years ago.
- B.C. is in the window in which a massive earthquake is more likely to occur, he says, but he acknowledges that window spans 200 to 850 years.

Predicting earthquakes with any degree of consistency, Cassidy says, remains next to impossible.

"Unfortunately, we cannot predict earthquakes, either here or anywhere," he said. "There's no consistent, successful way to predict exactly when earthquakes will occur and how large (they will be)."

The only thing people can do is be prepared, he says.

Canada is identifying vulnerable areas, estimating potential magnitude, frequency and type of quakes. Using that information, planners can draft appropriate building codes and construct quake-resistant infrastructure to minimize the damage.

THE CANADIAN PRESS

Occupy. Protests

▶ Mathieu Martin struggles with a sheet of plywood as he moves his tent to a new location at the Occupy Montreal protest in the financial district yesterday. The city is now forbidding the construction of any wooden structure.

PAUL CHIASSON/THE CANADIAN PRESS

Officials say it is time to move on

Toronto Mayor Rob Ford yesterday said residents and businesses have "had enough" of Occupy Toronto protesters and it's time to ask them to leave. Officials in Vancouver, Victoria and Calgary have also made plans to start removing camps while Regina's protesters have been asked to leave voluntarily. In Edmonton, campers on land owned by a private company have been asked to leave and the mayor has talked about cutting off their power. Halifax campers cleared out on their own.

Older Canadians embracing social media

Older Canadians are increasingly following their younger counterparts into the world of social media, a new poll suggests.

The Haris-Decima survey conducted for The Canadian Press indicates that 68 per cent of those asked used social media in 2011, up from 57 per cent two years ago. THE CANADIAN PRESS

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Earthquake rocks eastern Turkey

Journalists covering earlier earthquake were working in lobby of hotel that collapsed last night

An earthquake struck eastern Turkey last night, killing at least three people and leaving dozens trapped in the rubble of toppled buildings damaged in the previous temblor, which had killed 600 people.

About 20 buildings collapsed in the provincial capital of Van following a 5.7-magnitude quake, according to media reports.

In a grim replay of scenes from last month's quake in the same region, men climbed onto piles of debris and frantically clawed at twisted steel and crumbled concrete in an attempt to find survivors.

Voices could be heard calling for help from under the debris, and at least 10 people were pulled alive from the rubble in early rescue efforts, according to Turkish media.

Rescue workers used the glare of high-powered lights to work through the night.

State-run TRT television said at least three bodies were recovered and more than 50 people were believed to be trapped in the rubble of a hotel.

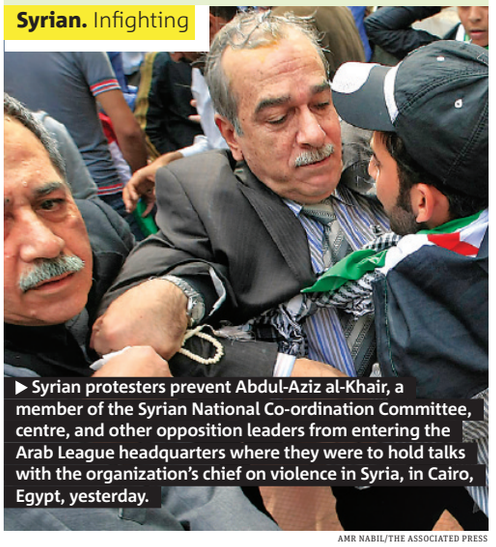
Deputy Prime Minister Besir Atalay said the quake toppled a hotel, a school and a number of mudbrick homes. He said rescue teams are being sent to the region from the capital, Ankara, and other areas.

Hurriyet newspaper and other media said the quake brought down two hotels and 16 other buildings, most of them structures that had been damaged in the earlier, 7.2-magnitude quake in the province of Van. THE ASSOCIATED PRESS

Tents dispatched

- The Turkish Red Crescent immediately dispatched 15,000 tents and some 300 rescue workers.
- About 1,400 aftershocks have rocked the region since the massive earthquake on Oct. 23, which killed 600 and left thousands homeless.

Syrian. Infighting



▶ Syrian protesters prevent Abdul-Aziz al-Khair, a member of the Syrian National Co-ordination Committee, centre, and other opposition leaders from entering the Arab League headquarters where they were to hold talks with the organization's chief on violence in Syria, in Cairo, Egypt, yesterday.

AMR NABIL/THE ASSOCIATED PRESS

Opposition cracks up

Syrian protesters pelted a group of rival opposition leaders with eggs yesterday outside Arab League headquarters in Cairo, accusing them of playing along with President Bashar al-Assad's government instead of working to overthrow the regime. The attack highlights the growing fault lines in the Syrian opposition, which is struggling to overcome infighting in the face of a brutal government crackdown.

Illusionist fined for copying rival's trick

A magician has been fined 12,205 euros ($16,725) by a Dutch court for putting a rival's trick up his sleeve and trying to pass it off as his own.

Hans Klok was sued for copyright infringement over a routine in which he fights with a stubborn butler, first apparently reaching through his body to grab a glass of water off a tray, then smacking off his head momentarily.

Magician Rafael van Herck, Klok's former sidekick, said he developed the bit and took the case to court.

Klok argued the tricks are no secret in Las Vegas — one was even used by Siegfried & Roy. But the court ruled Van Herck's combination is unique. Klok said he will reshuffle his act. THE ASSOCIATED PRESS

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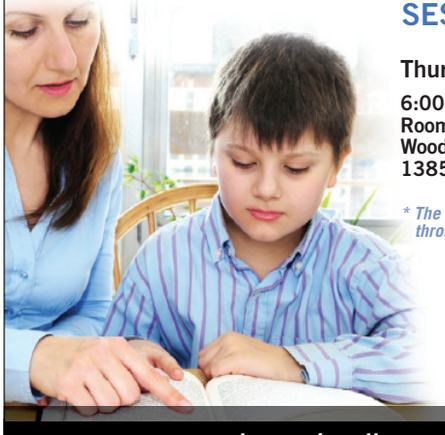

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D-Day web site to serve as memorial

The creators of a new website detailing the final months of the Second World War say it will stand as a living memorial to the soldiers who sacrificed their lives for our freedom.

The interactive site shares the same name as the History Television series, D-Day to Victory, which traces key battles as Allied forces made their way through Europe.

The site was launched yesterday with a luncheon and screening for several veterans who took part in the website and documentary series.

THE CANADIAN PRESS

120 **Executive producer James Milward says the website includes 3-D renderings of several battles, 120 video interviews with veterans, and a forum for visitors to share their own memories.**

In aftermath of Afghanistan

‘International soldiers have given us everything we have today.... Their own countries are also secure thanks to Afghan war,’ nation’s foreign minister says

NICOLAS RICHOFFER
@METRONEWS.CA
METRO WORLD NEWS IN PARIS

Afghan Foreign Minister Zalmai Rassoul met Metro in Paris after meetings with the French government.

According to a new survey, 37% of Afghan women think Afghanistan will become a worse place if international troops leave. Will it?
It has been 10 years. It’s simply time that Afghan security forces take over. Of course our security forces still need training by foreign troops as well as equipment.

If a Canadian soldier in Afghanistan asked you why he should risk his life for the Afghan people, how would you respond?
International soldiers have contributed to the well-being of Afghan people. What we have today we have thanks to these soldiers’ presence. We, the Afghan people, are full of gratitude and thanks that they’ve risked and sometimes sacrificed their lives for us.

Occupying forces are rarely popular. Maybe Afghans will be better off without foreign soldiers?
This is the first time in the history of Afghanistan that foreign soldiers have been welcomed. But now that 10 years have passed, of course Afghans want to see their own soldiers taking care of their security.

Looking back at these past 10 years, what do you see as Afghanistan’s foremost success story?
Democracy. We were at war for 30 years, and within 10 years we have developed democratic institutions. We have freedom of expression. We have a parliament that’s elected by the people. Twenty-six per cent of our members of parliament are women, a higher percentage than many Western countries. We have a constitution that grants men and women equal rights. We have the freest press in the region.

NICOLAS RICHOFFER/FOR METRO WORLD NEWS

▶ Afghan Foreign Minister Zalmai Rassoul

New well-being

- There are now close to 50 private TV stations across Afghanistan, over 100 community FM radio stations and hundreds of print publications. Official government permission is not required to start a newspaper or magazine.
- There are now more than 100 universities, compared to fewer than 10 in 2001. There are more than 200,000 students, both men and women.
- Today more than eight million Afghan children attend school, about 40 per cent girls. In 2001, no girls and fewer than one million boys went to school.
- Afghanistan now has over 10,000 kms of paved roads.
- Kabul for the first time has 24-hour electricity.
- More than 80 per cent of Afghans now have access to basic health care.

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January 10 to April 7, 2012

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (4 Levels)
November 21 to December 16, 2011
Level 1 and 3 – 9 am to noon;
Level 2 and 4 – 12:30 pm to 3:30 pm;
Level 5 and 6 - please check our website
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Level 2 and 4 – 9 am to noon;
Level 5 and 6 - please check our website

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Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it’s actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy “Cash for Gold” type companies seen on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving “customers” send a chill down your spine, it’s for good reason.

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Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today’s more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog’s payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They’re a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

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NUCLEAR THREAT

Defiant Iran won't back down

President Mahmoud Ahmadinejad vowed yesterday that Iran won't retreat "one iota" from its nuclear program.

And he denied claims that Iran seeks atomic weapons.

Ahmadinejad spoke out a day after the International Atomic Energy Agency claimed Tehran was on the brink of developing a nuclear weapon.

Ahmadinejad strongly criticized the IAEA, saying it is discrediting itself by siding with "absurd" U.S. accusations.

Meanwhile, key ally Russia gave the Islamic Republic a major boost, rejecting tighter sanctions.

Israel called on the world to stop Iran's nuclear program. But it did not refer to the option of a military attack.

THE ASSOCIATED PRESS

U.K. dodges vote on Palestinians

Britain will abstain from the United Nations vote on the Palestinian bid for statehood, Foreign Secretary William Hague told parliament yesterday.

The Palestinians need at least nine "yes" votes and must avoid a veto. The U.S. has said it will veto the resolution.

Diplomats say the Palestinians have six "yes" votes lined up with two more likely.

THE ASSOCIATED PRESS

Hindus sentenced to life

31 convicted of killing Muslims by setting building on fire nine years ago Twenty women were among victims who were burned alive

AJIT SOLANKI/THE ASSOCIATED PRESS

▶ Convicted Hindus cry out inside a police van near Ahmadabad, India, yesterday as they're taken to prison.

A court sentenced 31 Hindus to life imprisonment yesterday for killing dozens of Muslims by setting a building on fire.

It happened during one of India's worst rounds of communal violence nine years ago.

Judge S.C. Srivastava acquitted 41 other Hindus of murder charges for lack of evidence.

Those convicted can appeal to a higher court.

Relations between Hindus and Muslims have been largely peaceful since the bloody partition of the subcontinent into India and Pakistan on independence from Britain in 1947. But there are sporadic bouts of violence.

The worst recent violence erupted in 2002 in Gujarat state. More than 1,000 people, most of them Muslims, were killed by Hindu mobs after a train fire killed 60 Hindus returning from a pilgrimage. Muslims were blamed for the fire.

14 Muslims account for about 14 per cent of India's population of 1.1 billion.

Rioters set a building on fire in a village in Mehsana district, about 40 kilometres north of Ahmadabad, the main city in Gujarat state. Thirty-three Muslims, including 20 women, who had taken shelter there were burned alive.

Two of the suspects died during the trial.

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PEGGY FAGERSTROM/THE ASSOCIATED PRESS

▶ This storm's fun! Children play in sea foam near the harbour in Nome, Alaska.

'This is not a normal storm'

Western Alaska battered Residents fear sea surge

One of the most powerful storms to hit western Alaska in nearly 40 years battered coastal communities yesterday.

Hurricane-force winds forced residents to seek higher ground as the storm knocked out power and ripped up roofs.

As the storm churned the Bering Sea between Russia and Alaska, people braced for a possible surge of sea water into coastal communities.

"People out there are used to extreme weather, but this is not a normal storm," said Jeremy Zidek, a spokesperson for the state's emergency management agency.

"This is of a magnitude that can be a storm of record, extremely dangerous, and the state is treating it as such."

Water had reached homes in at least four native villages, including Tununak and Kipnuk, state emergency managers said.

Zidek said no injuries had been reported and damage was largely limited to blown-out windows and battered roofs.

THE ASSOCIATED PRESS

Great gusts!

▶ The highest wind gusts recorded — 142 km/h) — were at the western tip of the Seward Peninsula, said Bob Fischer, lead forecaster for the National Weather Service in Fairbanks.

HYDROELECTRICITY

Court OK's Brazil's giant dam

A Brazilian court said yesterday that construction of one the world's largest hydroelectric dams can proceed without additional consultation with indigenous communities.

Federal prosecutors had filed a motion calling for suspension of construction of the Belo Monte dam in the state of Para until indigenous groups are consulted. But in a 2-1 vote, the court upheld the decree issued by Para state authorizing construction.

The federal prosecutors' office in Para said in a statement it will go to the Supreme Court to appeal the ruling.

"All the studies made arrive at the same conclusion: the dam will provoke drastic changes in the food chain and livelihood of the indigenous communities," the statement said.

THE ASSOCIATED PRESS

11/11/11 is their day

A set of twins from Wisconsin have big plans for Friday: They will be celebrating their 11th birthday on the 11th day of the 11th month of 2011.

Betsy and Katie Overman are making plans: Maybe they'll go to school and stay for just 11 minutes.

Reports say an aunt has already given them 11 bags, each containing 11 little presents.

THE ASSOCIATED PRESS

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Special delivery for prized rhino

SOUTH AFRICA. Over the grassy plains, folks spend time airlifting rhinoceroses. Far from being a viral gag, this is part of the WWF's Black Rhino Range Expansion Project to translocate a group of 19 endangered black rhinos out of Eastern Cape province. The animals are moved 1,500 kilometres north to Limpopo province to be placed out of range of poachers.

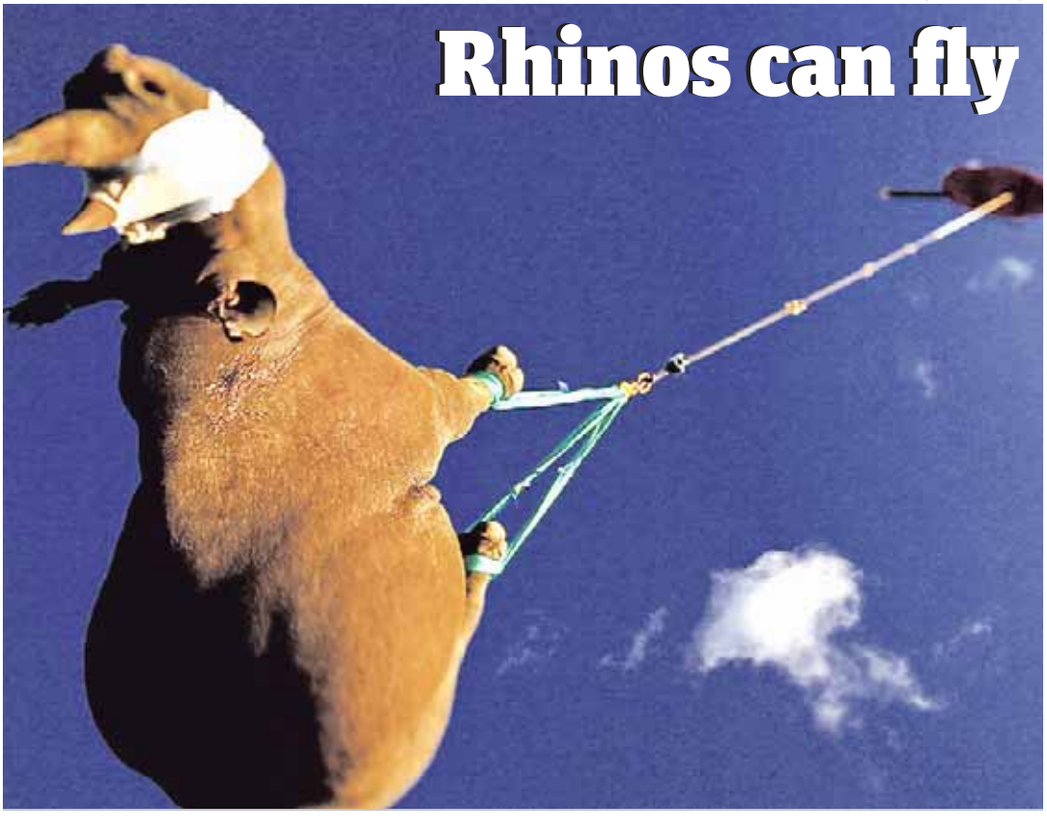
METRO WORLD NEWS

"It was under heavy anesthetic so the animal didn't sway while in the air."

MICHAEL RAIMONDO, PHOTOGRAPHER WHO FILMED "FLYING RHINO," TOLD METRO

MICHAEL RAIMONDO/GREEN RENAISSANCE/WWF

Rhinos can fly



Heavy lifting

- **New method of transport** Blindfolded beast weighing between 800 and 1,400 kilograms are lifted by ankles with straps connected to helicopter; flight duration, 10 minutes.
- **Endangered species** Fewer than 2,000 black rhinos in South Africa and fewer than 5,000 on African continent.
- **Moving to a bigger pad** Black rhinos need larger areas of land to roam than white rhinos because they are not social and space themselves out more.
- **"Profitable" business** One rhino sold on the black market for $50,000.

MICHAEL RAIMONDO/GREEN RENAISSANCE/WWF

▶ This transport method is less stressful than flown in a big net or driven over bad roads.

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News in brief

Buyer to name huge diamond

GENEVA. A rare yellow pear-shaped diamond is expected to fetch between $11 million and $15 million at auction next week, and the buyer will have the chance to name it, auction house Sotheby's said yesterday.

The so-called Sun-Drop Diamond is the largest known diamond of its kind, at 110.3 carats.

THE ASSOCIATED PRESS

Jackson items for sale

LOS ANGELES. The contents of the home where Michael Jackson lived from December 2008 until his death — including the queen-size bed where he took his last breath — are to be sold at auction in December. The home is up for sale separately.

THE ASSOCIATED PRESS

Market moment

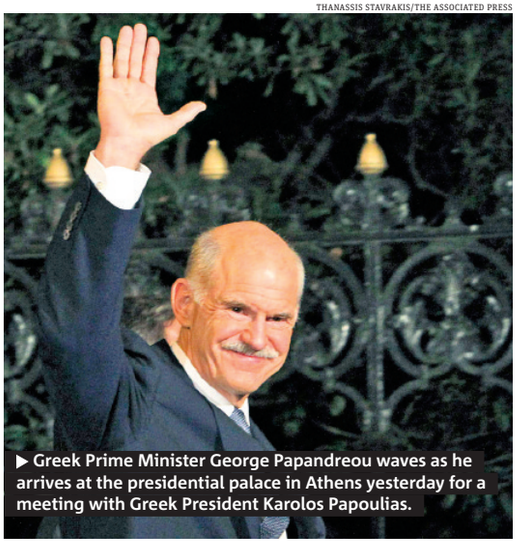
PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas	Gold
- 332.64 (12,156.22)	- 1.31¢ (97.88¢ US)	- $1.06 US ($95.74 US)	$3.652 (– 9.3¢)	$1,790.90 (- $8.30)

Greek drama intensifies

- Talks on coalition break down
- Papandreou calls for unity

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS



▶ Greek Prime Minister George Papandreou waves as he arrives at the presidential palace in Athens yesterday for a meeting with Greek President Karolos Papoulias.

Greece's laborious power-sharing talks disintegrated into chaos yesterday, with political leaders failing to name a new prime minister who will take over from George Papandreou and head an interim government, despite three days of negotiations.

The latest setback in more than a week of political turmoil came less than an hour after Papandreou made a televised address to the nation saying Greece's political parties were joining together to save the debt-ridden country from rapidly approaching bankruptcy.

But less than an hour later, Giorgos Karatzaferis, the head of a small right-wing party, stormed out of political-leader talks being chaired by the country's president, Karolos Papoulias. The president's office scheduled another meeting for this morning — and a deal seemed as far away as ever.

Karatzaferis told journalists outside the presidential mansion that the other two political leaders had used "trickery" — but he provided no details.

THE ASSOCIATED PRESS

Unclear who will lead country now

There has been intense speculation as to who will take over from Papandreou. Former European Central Bank vice-president Lucas Papademos had been widely tipped as the strongest candidate for interim prime minister. But by yesterday another strong candidate had emerged — current parliament speaker and former justice and public-order minister Philippos Petsalnikos. THE ASSOCIATED PRESS

Toyota recalls vehicles due to steering glitch

Toyota Motor Corp. said yesterday it is recalling about 550,000 vehicles worldwide — mostly in the United States — for problems that could make it harder to steer.

The recall affects 447,000 vehicles in North America, as well as 38,000 in Japan and another 25,000 in Australia and New Zealand.

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BABIES R US

Indigo sells stake in Kobo

The head of Indigo, Canada's biggest book retailer, says selling its stake in the Kobo e-reader to a Japanese electronic-commerce company will put enough financial kick behind the device to help it compete with the tablets of major competitors Apple and Amazon.

Heather Reisman, CEO of Indigo Books & Music Inc., said yesterday that Tokyo-based Rakuten Inc. is an ideal fit to take on the 51-per cent ownership stake in Kobo.

She says the Japanese firm has the ability to invest the $100 million to $150 million that's needed over the next year to advance Kobo's technology and grow its customer base.

"We reached a point where we felt that the best thing for Kobo and Indigo ... (was) to make sure they're positioned for the biggest possible success," Reisman said in a phone interview.

"One big part of my decision to go ahead with the sale at this moment was because I believed firmly that the best future for Kobo would be with a partner of the scale of Rakuten."

The transaction comes as more readers turn to digital books instead of traditional hardcovers and paperbacks, which has put a pinch on many retailers, including Indigo. U.S. bookstore chain Borders, which owned 11 per cent of Kobo, went bankrupt earlier this year as its sales dwindled.

Indigo has worked to avoid such a drastic downturn in its sales by refocusing its operations to include toys, gifts and other household-decor items.

On Tuesday, the company reported a loss of $40.4 million in the second quarter as Indigo and Chapters stores posted a 4.3 per cent decrease in revenue, while sales at its smaller-format stores were down 2.9 per cent.

Sales in the Kobo division were up 219 per cent, marking one of the few bright spots in the quarter.

Kobo has been a rapidly growing part of Indigo's overall retail business. However, the global market for ebooks is intensely competitive and it takes some financial muscle to invest in its continued growth.

THE CANADIAN PRESS

Winnipeg leads rise in housing prices

The New Housing Price Index rose 0.2 per cent in September, led by price hikes in Toronto and Oshawa, Ont.

Statistics Canada reports Winnipeg posted the largest monthly percentage increase, at 1.4 per cent, followed by Halifax (0.7).

THE CANADIAN PRESS

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CHANGE THE PITCH OF YOUR LEARNING CURVE

HE SAYS ...

JOHN MAZEROLLE
METRO

This time of year can be stressful for students, especially those who foolishly become preoccupied with pointless extracurricular activities, such as studying.

It seems calm — midterms gone, a few weeks to term finals — but I remember this as the moment you had time to contemplate that you were doomed.

At first there's new-year buzz: Students observe who's become hot and/or cool, learn the new consensus jean-waistline height, and decide when to wow their peers with the three guitar chords they've been practising.

Then midterm marks painfully remind you: Time to prepare for a long grind of studying or pack it in.

Well, relax students: I humbly suggest you can do both.

As a veteran of high school, university AND comedy college, I'm qualified to point out that every school skill you pick up can be performed after graduation by iPhones, spell-checkers and whoopee cushions.

You'll forget most of the "facts" you learn. But if you use class as a springboard for half-assedness, well, that's the type of skill a person will use for the rest of his or her life. "Teach someone a fib, they'll cheat for a day," the old saying goes. "Teach them how to fib and they'll cheat forever."

"Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma."

How To Study Without Really Trying:

• Find a good spot: The ideal area is a soundproof spot in your own room so you can lock your door and put a "DO NOT DISTURB" sign on it while you play Call of Duty: MW3.

• Break studying into segments so you don't get overwhelmed: For instance, if you plan to watch The Simpsons before you start your homework, you might say: "OK, I just have to watch Bart wake up and realize he's joined the Junior Campers. Then it will be no time at all until Homer finds the Krusty Burger." In this way, even all-night Simpsons marathons won't seem too daunting.

• Study the hardest stuff first: This will give you the illusion that you're getting smarter as you go.

• Highlight everything: I don't know why it works, but all the smart kids highlight so often that their books increase in weight. You should follow suit, as a status thing.

• Get help from other people: Any experienced student knows the most effective way to learn new information is to grill smart people on the day of the test. Find a nerd in the morning, grab their arm and ask them questions in a tone of voice usually not heard outside of 911 calls.

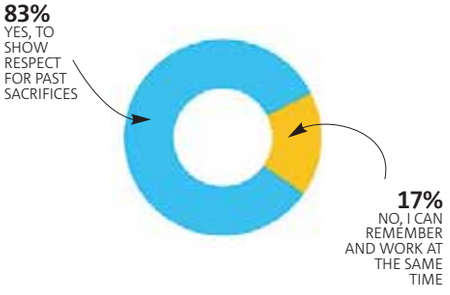
• Above all, don't panic. Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma.

By the time you hit 30, you should really have those guitar chords nailed.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should Remembrance Day be a national holiday?



Local tweets

@adalyfrey: @CassiieD complaints about sh-- service = nothing. Complaints about someone singing? OUTRAGE! CALAMITY! I hate this city. @jimwatsonottawa

@CaitlyneBrewer: Roy's singing could bother ppl, @JimWatsonOttawa? More pressing issues bother transit riders, good sir. #Overcrowding #FareCost #UPass

@DenVan: Sorry @JimWatsonOttawa 200+ Facebook "LIKES" in the last hour say you're wrong: http://t.co/bJCy6asj #LetHimSing #OTTCity

@adalyfrey: Shame the minority that complain get their way, but such is life. Now, the majority complaining about pathetic transit? @JimWatsonOttawa

@markchats: @JimWatson Ottawa says if we let driver sing, riders will do karaoke or standup. Yeah, and next they'll be reciting plays. Oh wait.

Letters

VETERANS. *RE: Homeless veterans in fight for their lives, published Nov. 8*

As a Second World War veteran, 90 years old on March 10, 2012, this item caught my eye. It points out several salient bits of information. I too believe vets would benefit from having more Veterans Affairs outreach workers coming to them and explaining how to qualify for government support.

Vets simply do not know because the information is not out in the public.

A further concern is that while Second World War veterans may qualify for help if they have a disability related to their war experience, what happens if someone who got a one-time payout develops a service-related illness later in life?

Finally, Veterans Affairs Canada in their publication Salute publishes a column called "How to Reach Us." Somehow that should appear in most federal government offices.

And, regional offices should have funding for an individual and or individuals who are available for on-site meetings with veterans.

JOHN BEECHING
VANCOUVER

photo of the day

▶ This photo titled Children: Strength and Power, was submitted to the Happiness category by Daniel Benitez from Mexico.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupy Denver has more bark than bite

YOUTUBE

▶ Shelby will have a translator for "all legal and police matters."

Occupy Denver has elected the most unlikely of leaders: A dog.

The three-year-old border collie named Shelby was elected in response to what the protesters said was Denver Mayor Michael Hancock's "insistence" the movement elect a leader.

"Shelby is closer to a person than any corporation: She can bleed, she can breed, and she can show emotion. Either Shelby is a person, or corporations aren't people," Occupy Denver's website stated.

Shelby will be introduced to the mayor and Colorado's governor and she will be leading Saturday's Occupy Denver march "against Corporate Personhood," the site said.

She "invites all other civic-minded dogs (and their leash-holders) to join" the march, the protesters say.

TORSTAR NEWS SERVICE

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2 scene

Elton

Singer Elton John has unveiled a charity project to fight the HIV/AIDS epidemic in Ukraine, believed to be the worst in Europe. The program will allow homeless women who are at high risk of contracting HIV to be tested for the virus.
THE ASSOCIATED PRESS

Sales rise for 'Assassin of Spies,' a novel pulled by publisher over plagiarism complaints

CONTRIBUTED

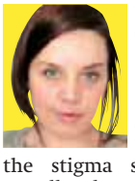
▶ A Darker Day — a badass look with hearts of gold.

Shining light in darkness

A Darker Day holding a Remembrance Day Freedom Fest show to support Canadian Legion

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



The guys in Ottawa hard rock band A Darker Day are hoping to break the stigma surrounding metalheads.

Months ago, after booking a show on Remembrance Day, they didn't feel right about playing without marking the occasion.

So, the band members started thinking of ways to do just that.

"We know there's always an old man sitting outside your grocery store selling poppies," said Mark Garrod, one of three guitar players in A Darker Day. "We thought we could actually send a donation jar around and try and raise money for those guys and help out."

They're calling the show Remembrance Day Freedom Fest and, on top of the money they collect through donation jars, the band will also be handing over a percentage of ticket sales to The Royal Canadian Legion's annual Poppy Campaign.

"We thought it would be a good opportunity to do something, other than just play a show," explains Garrod.

Show

Freedom fest

▶ **The show** Remembrance Day Freedom Fest featuring A Darker Day, The Blood Red Truth, Remember the Fire and Fighting for Survival kicks off at 8 p.m. Friday night at The Brass Monkey (250 Greenbank Rd.). Tickets are $7 at the door.

Remembrance Day is an especially significant occasion for drummer Jadon Bailey and vocalist Jorden Taylor, whose grandfathers were both in the Royal Canadian Navy.

It might surprise people to know a metal band, whose merchandise includes pictures of blood and guns, would actually be such softies, but Garrod says, for A Darker Day, it just feels good to give.

"If you can actually put on an event to help a community, why not?" he asks. "We're always playing shows, raising money for ourselves, why not for a better cause?"

The band is also planning a concert series in the New Year, called A Darker Day's Rock for the Cause, which will benefit Sick Kids Hospital. They already have two shows lined up; one on Jan. 7, 2012 at Greenfield's Pub (900 Greenbank Rd.) and another on January 27, 2012 at Oliver's Pub (1125 Colonel By Dr.) The band is hoping to release their new album by then as well. Vocalist Jorden Taylor describes it as "Led Zeppelin, sped up with heavier vocals."

But, for now, the guys in A Darker Day are focused on raising money for the Royal Canadian Legion's Poppy Campaign through Remembrance Day Freedom Fest and proving that, if you always thought metalheads look like potentially scary dudes, it's time to think again.

"It is a stigma we get labelled with but it's just not the case," adds guitarist Jeff Jobling. "Sure, we might look badass but it's far from the truth."

Clint Eastwood makes the day

- At 81, film legend still has a commanding presence
- J. Edgar director admits being fascinated by Hoover

HANDOUT

▶ Clint Eastwood and Leonardo DiCaprio teamed up for J. Edgar.

RICHARD CROUSE
SCENE@METRONEWS.CA

I'm tempted to borrow a phrase from MGM to describe the star-studded reception before the first-look screening of J. Edgar on Monday night in midtown Manhattan.

The studio boasted having "more stars than there are in the heavens," but this wasn't an MGM party, it was a Warner Bros soirée to celebrate their latest Oscar hopeful – a biopic about the controversial and enigmatic J. Edgar Hoover, who spent five decades as director of the FBI.

To my left 60 Minutes reporter Steve Croft worked the room. In another corner Alan Cummings chatted quietly to friends. David Byrne mixed and mingled and Tower Heist co-star Judd Hirsch snacked on sashimi from the sushi bar.

Behind the food stations framed posters of some of the biggest stars from movie history looked down on the party goers.

They are keepsakes from the Warner Bros legacy; a reminder that the company has been making movies for almost as long as there have been movies to make.

Then a real life reminder of that legacy walked into the room. Clint Eastwood, J. Edgar's director, quietly slipped into the party. Well, as quietly as one of the most iconic movie faces of all time can slip into a room. With him was Leonardo DiCaprio, Armie Hammer ("Not Arm and Hammer, but Armie Hammer," Eastwood jokes) producer Brian Grazier and Oscar winning screenwriter Dustin Lance Black.

The weight shifts in the room, as though Clint's star power has a gravitational pull all its own. At 81, he's more weathered than when he made Dirty Harry a household name, but it is impossible to look at him and not have memories of "Go ahead, make my day..." or the Man with No Name character awakened, and everyone at the party feels it.

Inside the screening room he introduces his J. Edgar actors and creative team. After a long list of names he pauses and says, "that takes my memory as far as it will go." Holding for the laugh, he continues, "I've always been curious about J. Edgar Hoover... and I still am."

That's it. Like his characters, Eastwood's a man of few words. Or maybe it was the hour; it was only eight o'clock. But as someone sitting behind me joked, "He only works from nine to five."

I guess when you're a legend you can set your own hours.

Films directed by Clint Eastwood

- Bronco Billy
- Unforgiven
- Letters from Iwo Jima
- Gran Torino
- Million Dollar Baby
- Mystic River

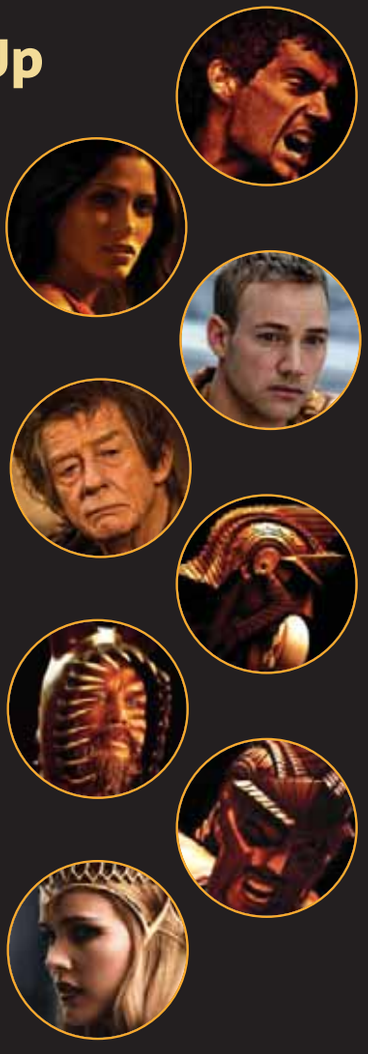
IMMORTALS
GET AROUND

Pictured at the right are eight of the biggest names from IMMORTALS. They are shown as they appear in the film, a classic tale of good and evil, which opens November 11. You may know them from their work in other films or on TV.

Here's hoping, because we've given you another character they have played at left. It's up to you to match the character with the actor or actress.

Match Them Up

1. Randy The Ram Robinson (Oscar nominee)
2. Aramis (think Musketeers)
3. Emmett Cullen (Twilight time)
4. Latika (going Ape)
5. Charles Brandon (Tudor times)
6. Mr. Ollivander (those Potter films)
7. Alison Bromley (think Vampires)
8. Jason Tanner (Beachy, but no bum)



SOLUTION: HENRY CAVILL IS 5., FREIDA PINTO IS 4., STEVE BYERS IS 8., JOHN HURT IS 6., LUKE EVANS IS 2., MICKEY ROURKE IS 1., KELLAN LUTZ IS 3., and ISABEL LUCAS IS 7.

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Physical fitness is next to godliness

Getting into god-like shape for Immortals wasn't an easy task The guys dish on bringing perfection to life through workouts and a carb-free diet

HANDOUT

Henry Cavill shows off his Immortals six pack.

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The "joys" of the diet:
Stephen Dorff (Stavros): "The crew would break for lunch and we couldn't go near it. We would get these little stunt meals in this box and we'd be hungry right afterwards. It was very clean, no carbs. To have no body fat you have to eat ridiculously clean. It's very boring — no salt, none of the good stuff. So on my day off I would go to McDonald's, ice cream places and pizza places and eat until the point that I feel sick. Because if you are eating a certain way for a couple of months, your body reacts weird when it gets a quarter-pounder with cheese.

The downside of looking so good:
Stephen Dorff: "The only problem was I had crazy abs that wouldn't go away. For my next movie, I had to not look like I was in a gym. So it was complicated. I had to learn to stick my stomach out so I could hide my Immortals body. Took a while. You have muscle memory when you work out that hard."

Luke Evans (Zeus): "I now have a bone that's raised on my shoulder, which I never had before, which is like a scapula or clavicle tear. It's never gone down. I just have this strange structural skeletal problem now, thanks to Immortals."

Letting the training help with the acting:
Luke Evans: "I trained for seven weeks and I had to do it in fast-paced training. It makes you stand differently. You look yourself in the mirror and you look different. I saw my body change in seven weeks. It does definitely do something to inform your character in a sort of subliminal way. It definitely had an effect for me."

Henry Cavill (Theseus): "It's like wearing a permanent costume. Before work when you look in the mirror — or even before looking in the mirror — you do feel different. A part of the character is more expressive in you and so when you're in that kind of shape, I essentially was wearing my costume because I barely had no costume."

Stephen Dorff: "The training for Immortals was quite intense, because we wear no clothes in the movie so it's the one film where if you don't put in the work you're going to look kind of dumb when you're older and you rent this puppy. Or one of your kids sees it and says, 'Daddy, you're naked in this but why are you fat?'

Cavill's training

- Henry Cavill worked with martial arts expert Robert Yuan for months to get in shape for the weapons and fighting training.
- After wrapping Immortals, Cavill turned to sculpting his physique for his next role, as the Man of Steel. To get buff for the next Superman film, Cavill enlisted the help of Mark Twight, the trainer for the 300 movie.

AP PHOTO/MATT SAYLES

▶ Puerto Rican actress Rita Moreno won an Oscar for the film version of West Side Story.

Groundbreaking Latina actress keeps on dancing

Rita Morena nears her 80th birthday But she's still on stage six nights a week and stars in a TV show

SUBMITTED

▶ West Side Story comes out on Blu-ray Nov. 15.

As Rita Moreno nears her 80th birthday, she's singing and dancing six nights a week in the biographical show Life Without Makeup.

Moreno, who debuted on Broadway at the age of 13 in Skydrift, won an Oscar for her portrayal of Anita in the film version of West Side Story, as well as an Emmy, a Tony, a Grammy and the Presidential Medal of Freedom for her accomplishments in the arts.

Her Anita portrayal helped other Latino artists get work in Hollywood, particularly because a non-Hispanic actress, Natalie Wood, had the lead role of Maria in West Side Story and another white actor, George Chakiris, was cast as the Puerto Rican gang leader Bernardo.

Moreno said in an interview from her home in Berkeley, Calif., that she was happy to see so many more Hispanic faces and names in film, television and theatre.

"But I love what Ricardo Montalban once said, because it was very precise," she added, quoting the late Mexican actor. "He said one day that the door was ajar, but not completely open. And that still exists ... We have known artists in the English-speaking world that are Latin artists, but not enough."

West Side Story comes out on Blu-ray Nov. 15 to celebrate its 50th anniversary. And Moreno would like to see more song and dance on screen. "I'd love to see more musicals because today they're very rare — you barely find them," she said.

Besides her run at The Berkeley Repertory Theatre, Moreno also plays Fran Drescher's Jewish mother in the TV series Happily Divorced, which starts shooting its second season in January.

"I love working with Fran. She is very delicious, warm, kind ... a good person, very noble," she said.

Moreno has had diverse roles during her career, from a congresswoman to a psychologist to a nun to a liberated office worker to a senator to a doctor.

"Because I've been around so long ... I've gotten to do a lot of things that a lot of Latinos have not been able to do," she said. "Also I think I'm a character actress, more than anything, and I think that is one of the reasons I get other parts that don't have anything to do with being Latina necessarily."

Her birthday is Dec. 11 and she plans to celebrate her eight decades of life with a "very big party" at her house.

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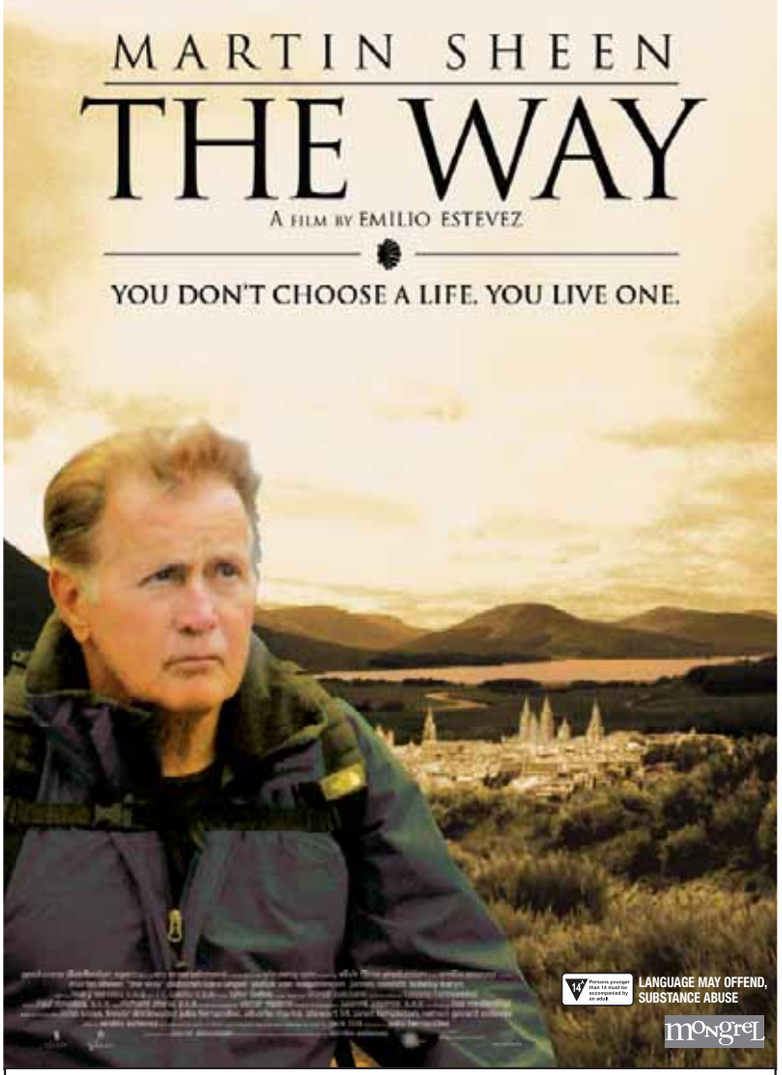

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Life as a 'hot Latin woman'

Sofia Vergara happy to represent Colombia in her role on Modern Family

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While she insists she had no comedy background before coming to the United States, Sofia Vergara steals the show among a cast of comic talents and Emmy winners as Gloria on Modern Family.

It's a part that's catapulted her to fame in the States, meaning more people recognizing her in public — unless she keeps quiet.

"As long as I don't speak, I'm safe," she says in her distinct Colombian accent, which is only slightly exaggerated for the show.

How important is it that your character is Colombian? And what do you think about the jokes about Colombia featured in the show?

I love it, I think it's fantastic and everybody loves it. You know, Colombians, we don't get offended. It's not like the writers are inventing things about Colombia, you know? It's a reality, what can we do? We just have to laugh about it. You know, the country has changed. It's not like that's happening in Colombia right now, thank God. So I don't get offended at all. I think it's hilarious. I think it's funny.

Modern Family airs Wednesday nights on Citytv

There aren't a lot of Colombian icons in the U.S. Do you feel like you're filling that role?

Well, I love it because there's not a lot of known actresses. I mean, we have Shakira, who is one of the biggest singers right now. She's from Barranquilla, my hometown. But there was nobody on national TV or like a known household name, and for me it's been amazing to represent Colombia — you know, to not only represent me as a Colombian actress, but with the show that I'm able to show a little bit of Colombia, not only the stereotyping things about the bad things, the mafia, whatever, but also like the food or the real essence of the personality of a Colombian person.

So you like what the writers have done with Gloria?

For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great. At the beginning I was worried — "How are they going to know how a Latin woman thinks?" They even write my mispronunciations now. They know me so well. Usually they write, "And Gloria says something in Spanish," and they let me say whatever I want, you know? They're not going to tell me what to say in Spanish. And of course I say something that I think is funny.

Do you have any idea what's coming up for Gloria this season?

You don't really know because every episode is a little story, so they don't need to write the thread out until the end. I know what we have filmed these past two months. There's a lot of jealousy between Gloria and Stella the dog. That's the main drama in her life right now, the dog. She hates the dog. And also a little bit of jealousy because of Manny's romantic life.

HANDOUT

▶ Sofia Vergara says she often gets mistaken for her son's sister.

How does Gloria's relationship with Manny compare to your relationship with your own son?

It's very similar. I mean, my son is older now — he's 20 years old. But it's very similar. He was always like an old soul. It's funny because sometimes I'll watch my show with my son and he just looks at me like, "Did you tell them that?" I love when (people think) he's my brother. He hates it, he wants to throw up in front of the people. Like for example if I'm with him and somebody says, "Oh, tell your sister to come," and I don't say anything, I don't correct them, he's like, "Tell them! Tell them you're my mother!"

Prissy replaced by power, prestige

Leaving his Frasier alter ego behind, Kelsey Grammer rules supreme on Starz drama Boss

It goes without saying, Kelsey Grammer had a spectacular run as pompous but goodhearted Dr. Frasier Crane, scoring critical and popular success in a sitcom role whose duration is matched in TV annals only by James Arness as Marshall Matt Dillon on Gunsmoke a generation earlier.

But radio shrink Frasier, along with Grammer's many other roles in a four-decade career (including Macbeth and a repressed gay dad in the Broadway musical La Cage aux Folles) are merely a prelude to Tom Kane, the fiercely charismatic and flawed mayor of Chicago he embodies on the Starz drama, Boss.

As Kane, Grammer has retired Frasier's arch, prissy style with no trace left behind. He has transformed himself into a figure of dominance, defiance and endangerment — Kane's long reign is imperiled by a degenerative brain disease that looms as a more formidable threat than any political foe.

It's a positively Shakespearean premise, says Grammer, who drew inspiration for it from the tragedy King Lear, whose hero he calls a "launching pad" for Kane.

"Here's a power guy, now failing, who wants to preserve his legacy," Grammer says. "But how is he going to dispose of his kingdom and leave his mark on it?"

Grammer must play this character on several levels. As Kane confronts his impending frailty and doom, he must continue to pose as an indomitable force — and as an upright leader, even though behind the scenes he operates with means-justify-the-ends ruthlessness.

"He will have a nuanced descent into what will finally be his demise," says Grammer, making clear neither Kane nor the audience can expect a happy reprieve. "To me, the show is about the fight on the way down."

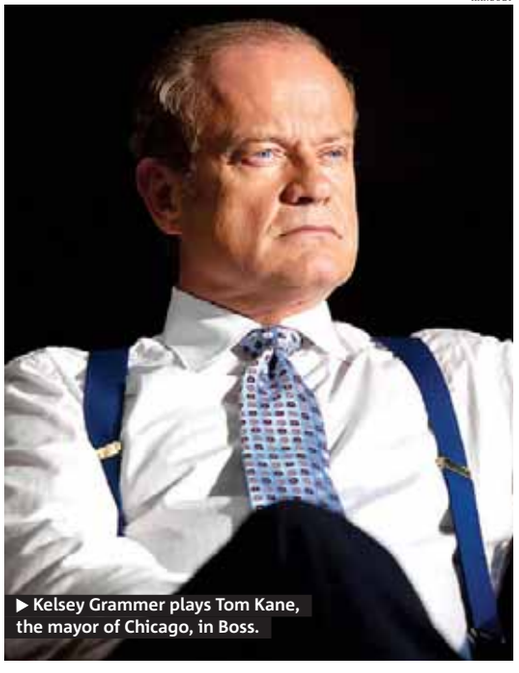
Fans of Boss are guaranteed the fight will go on for at least a second season: The series was renewed by Starz even before its first season began. And Grammer is confident of many more: "Maybe six seasons. Five, for sure."

Boss also stars Martin Donovan, Connie Nielsen, Kathleen Robertson, Hannah Ware, Troy Garity and Jeff Hephner. It is filmed on location in Chicago, which lends it extra authenticity. And though the first season of eight episodes — shot from April through July — skirted the city's defining frigid winter, Grammer says production will start earlier next season: "We're going to go for the snow to get some added harshness," he says with gusto.

THE ASSOCIATED PRESS

Kelsey concoction

- Grammer developed Boss with its creator, Farhad Safinia (Apocalypto), with whom he is an executive producer.



HANDOUT

▶ Kelsey Grammer plays Tom Kane, the mayor of Chicago, in Boss.

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3 life

Style Pick

KANE DOES DENIM

Christopher Kane's new capsule collection for J Brand has a refreshingly new angle to it: He designed the neon bright denim to complement his resort collection. It's an interesting strategy and one that maybe the H&Ms of the world should explore as well. KENYA HUNT

New Canadian Olympic apparel channels retro style and the great outdoors.

The school girl goes to work

Revisit school uniform staples, such as the necktie, A-line skirt and classic satchel, to build a retro look for work the same way this stylish Londoner did here

MICHELLE BOBB-PARRIS

Remix her style

▶ Name: Amy Marks
▶ Spotted: London

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$120 (30 ml), thebay.com

Ingredient Alert
Skin-care line Algenist uses alguronic acid as its key anti-aging ingredient. A component of microalgae, alguronic acid is responsible for the renewal and protection of microalgae cells. It's also a crazy-good H20-hoarder. Take that, thirsty skin!
Algenist Concentrated Reconstructing Serum, $115, algenist.com

Blue Light Special
The Tria Skin Perfecting Blue Light takes aim at the bacterial core of blemishes. For general complexion improvement, this at-home unit uses the same blue light and intensity as professional machines to clear and prevent breakouts.
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$36 for 60, sephora.com

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Jeanne Space

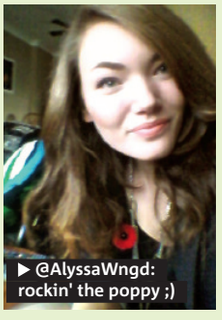
In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Have YOU been wearing a poppy this week? Tweet me a pic! Fab fashion statement AND an important way to remember our heroic war veterans.

▶ My poppy pin purchased in Paris a few seasons back.

▶ **@JFra10:** I have! Been wearing it around FIT campus in NYC and have received many questions what it's for #proudcdn #honourthevets

▶ **@Jeanne_Beker:** Cool! Who knew poppies had the power to become iconic CANADIAN style statements?


▶ @AlyssaWngd: rockin' the poppy ;)

▶ **@shopwithrobin:** Love YOUR poppy brooch you were wearing on @CP24 yesterday Jeanne!

▶ **@JFra10:** who knew! It's nice to come across unique Canadian customs when living in the States!

▶ **@Jeanne_Beker:** LOVE it!! xx

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Small space holiday dining

Versatility is the key when choosing dining furniture for your home

DESIGN CENTRE

KARL LOHNES
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Q: I will be hosting Christmas dinner this year so I quickly need to furnish my dining area.

The room is 9x9 and is part of an L-shaped living/dining room in my condo.

What size/style of table and chairs should I buy? Beatrice Kington, Alberta.

A: Choose an appropriately sized table to suit your day-to-day needs, not a size that you will only use occasionally when more than extra guests come over.

Find a table that is expandable in order to accommodate a more than average amount of guests on special occasions.

Your dining space is fairly small, so I suggest choosing a 42-inch round table, which will seat four people comfortably on a daily basis, or up to six in a pinch.

A round topped, pedestal based table will be your best choice as there will be no corners or legs to content with, ultimately giving you more freedom as to where guests can be seated.

If the table is expanded for extra guests then allow the longer shape to creep into the living area when entertaining.

Buy four comfortable Parson-style dining chairs that will permanently sit around the table. They then can be brought into the living area space when extra seating is needed.

Purchase four additional folding or stacking chairs that can be brought out on the special occasions when lots of guests need to be seated around the table.

Adding a slim bookcase or credenza against the back wall will offer up great storage for extra dishes, wine glasses and linens as well as create a place for serving dishes while dining.

Keep the overall look of it light and airy so it doesn't visually fill up the small dining space.

A hanging light fixture will help define (and illuminate) your new table.

The fixture should be hung 30-36 inches above the table, and should be 16-20 inches in diameter.

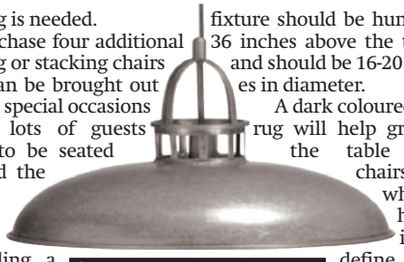
A dark coloured 5x7 rug will help ground the table and chairs while helping to define the dining area.

The breakdown

Karl's mathematical rules for dining decor:

- **Allot** for 30-36 inches of walking space on all sides of your table.
- **A dining room light fixture** should be hung 30-36 inches above the table.
- **Each foot** of the room's width equals two inches of diameter for the dining light fixture.
- **An area rug** should be 18-24 inches larger on each side of your table.
- **Every two linear feet** of table edge allows for one guest to be seated.

CONTRIBUTED



▶ Victory Pendant, $179, CB2

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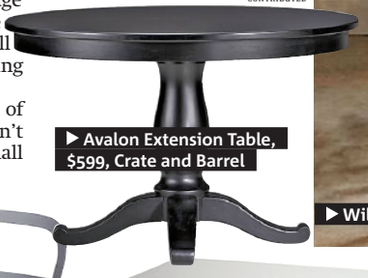

▶ Avalon Extension Table, $599, Crate and Barrel

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▶ Redar Stacking Chair, $50, Ikea

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▶ Reflection Sideboard, $999, Urban Barn

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▶ Willoughby Chair, $300, West Elm

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▶ Spencer 5x7 Rug, $299, Urban Barn

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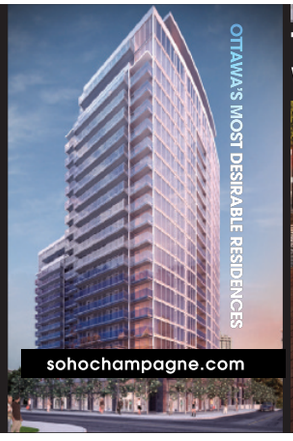

Cleaning house for holiday company

Don't have all day to clean? Here's how to make the place look good, fast

ISTOCK IMAGES

▶ If you don't have time to get rid of the mess before company arrives, hide it!

A thorough housecleaning can take all day — maybe all weekend. And as satisfying as that can be, sometimes you just don't have the time or the motivation.

But with the holidays just around the corner, we all want our homes to look good for parties, drop-in visitors and relatives.

Fortunately, most visitors don't check the broiler for grime or under the radiators for dust. But what should the game plan be when you want to make your home look presentable without going for a deep clean? Here's some advice on cleaning high-profile spaces in a hurry for maximum visual and psychological impact.

Prioritize

"Concentrate on the public areas: the living/family room, dining room and bathrooms. Prioritize what has to be done (replenishing toilet paper in the bathroom) versus what would be nice to do (dusting the picture frames)," said Deanne Marie, creator of Smart Solutions for Busy People books and blog.

Marie suggests taking a timer with you from room to room (use the one on your cellphone if you don't have a kitchen timer) and setting it for 15 minutes in each room as a way of forcing yourself to "focus on the necessities."

Hide clutter

Marie calls it the "Hail Mary" pass of housecleaning: Cover up the mess when you can't get rid of it!

The Maids, an American cleaning franchise, advises simply piling your miscellaneous countertop clutter in a laundry basket and sticking it in the closet. No time to do the dishes before company arrives? The Maids' solution is to stack them on a cookie sheet for temporary storage in the oven (cold, of course).

Look around

Cheryl Najafi of CherylStyle.com, a home entertaining expert, recommends seeing your house the way your guests will, to make sure you haven't overlooked anything.

Take the "sit test," Najafi says: "If you're hosting a party in the formal living room, make sure you sit down and survey the room. You'll see things from a different vantage point. Like those dust bunnies in the corner!"

Bathroom

If there's one room where bad housekeeping can really gross out your guests, it's the bathroom. Fortunately, the must-dos are relatively easy to accomplish, and may even be best left to last-minute so nobody in your family can make a mess before guests arrive.

Giving the toilet bowl a scrub with a brush, as unpleasant as it is, must be top on your list. You're also going to have to wipe down the seat and rim. (Disposable Clorox wipes are great for this purpose.)

Other quick fixes with a big payoff: Wipe mirrors with a spray glass cleaner, break out a new bottle of liquid soap, stockpile the extra toilet paper in an obvious place and empty the trash. Clear away icky towels (maybe even put away the throw rug) and put out clean hand towels.

Outerwear

Give a thought to where your guests will unload coats, boots, umbrellas and bags. Is your hallway closet big enough? Can you set up a foldable coat rack or do you have a set of hooks on the wall? Most people don't mind leaving jackets on a bed; just make sure the bed is made and the room is easy to find for folks who may not be familiar with your home.

Floors

Is there anything worse than having a dust bunny accompany your guest down the hall? Vacuuming is such a drag, but it makes such a difference. Remember, though, you don't have to do every room and corner — just the areas your guests will see.

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What canning season?

Make your own preserves whenever you have time

For Daniel Gasteiger, the holiday season begins in May when the rhubarb and strawberries ripen. That's when he starts putting foods by for the many people on his gift list.

The process continues with cherries, tomatoes, sweet corn, cucumbers, apples, melons and a variety of successive garden crops.

"If you don't deal with them when they're fresh, you're not preserving them," said Gasteiger, author of Yes, You Can! And Freeze and Dry It, Too (Cool Springs Press).

"Then they can sit on a shelf until wrapped as presents for neighbours, teachers and others."

Hear the word "preserving" and people generally think canning or freezing, said Gasteiger of Lewisburg, Pa. But there also is dehydrating, sugaring, fermenting, quick pickling, smoking, salting and cold storage.

"The way we go about it hasn't changed much over the years, but the technology is better," he said.

All food preservation techniques delay or stop spoilage while sealing in flavour and nutritional value. Yet each does something different. In some cases, new foods are even created — raisins from dried grapes, for example.

Here is a sampling of the most common methods and how they compare

Canning preserves fruits and vegetables, jams and jellies, pickles, relishes and meats so they can be stored for months without refrigeration. Canning cooks food, however, changing its makeup and flavour.

Freezing leaves you with fresher flavours but transforms textures. "Produce tends to become mushy," Gasteiger said.

Dehydrating gives fresh foods remarkable longevity, with vegetables rehydrating especially well for cooking.

"Having a dedicated dehydrator can reduce the amount of produce you waste," he said.

Think bananas, or those fruit and vegetable remnants that ripen so quickly in the kitchen.

Fermenting is submerging vegetables in saltwater, and brine produces lactic acid, which is a food preservative.

But: "Vegetables soften and develop a tangy flavour that some people don't care for," Gasteiger said.

Cold Storage root crops, including potatoes, carrots, yams, beets and turnips, have tremendous staying power under the right conditions. They will remain fresh for months in a dark, dry environment.

Potatoes prefer a place maintained at around 13 C. Carrots, beets, rutabagas and cabbage keep longest when cooled to 1 C, Gasteiger said.

You don't need a garden to put up fresh, flavourful foods year round. Shop the sales. Seek out farmers markets and roadside stands. Buy in bulk. Patronize U-Pick operations and orchards.

"Picking your own makes for great family outings, and prices generally are about a third of what they'd be if someone did it for you," Gasteiger said.

THE ASSOCIATED PRESS

Not just for Nana

"The face of canning is changing," said Lauren Devine-Hager, a product research and test-kitchen analyst with Jarden Home Brands. "It's not driven by grandmothers in rural settings anymore. It's becoming especially popular among women (ages) 27 to 45 in urban and suburban areas. They want to enjoy it all year long."

ISTOCK

▶ Food preservation saves money, encourages creativity and puts a quality product on the family dinner table.

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Grace Bonney tells us how to turn a flea market find into a life-saving storage unit for your home

DIY IDEAS

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Difficulty:

JOHNNY MILLER

▶ Find this surprisingly easy project and more in Bonney's book Design Sponge at Home.

Rolling storage bench

1 Flip your box upside down and attach casters to the four corners. Use screws that are short enough that they don't come through to the interior of the box.

2 Flip the box upright and measure from edge to edge for your box top. Cut your plywood box top to fit, and sand the edges.

3 Lay your foam on the floor and place the box lid on top. Trace around the edges of the plywood lid and cut the foam to size with a utility knife or electric knife.

4 Repeat step 3 with the batting, leaving a three-inch border of batting on all sides so you can pull it over the foam and staple it to the back of the plywood lid. Repeat the process with your fabric.

5 With the fabric facedown on the floor, centre the batting and then the foam on top. Place the wooden lid on top of these three layers and pull the batting and fabric over the edges of the lid, using a staple gun to secure them. Work your way around the edges of the lid, pulling the fabric taut and stapling as you go.

6 Once you've finished stapling, cut off any excess fabric. If you want a more polished look for the underside of the box lid, cut a piece of fabric one inch smaller (on all sides) than the lid and staple this in place.

7 If you have children, or would like to ensure that your lid is secure, you can install safety hinges, which will keep the top from sliding or slamming down on small fingers.

EXCERPTED FROM DESIGN SPONGE AT HOME BY GRACE BONNEY

Materials:

- Old box (try thrift stores, craigslist, flea markets, and eBay for similar versions)
- Casters and mounting
- screws
- Screwdriver
- Measuring tape or ruler
- Sturdy, midweight plywood (for your lid)
- Saw (if you choose to cut your own lid)
- Sandpaper
- Foam (use two-inch foam at least, to create a comfy seat)
- Box cutter or electric knife
- Batting
- Scissors
- Fabric
- Staple gun and staples
- Hinges (optional)

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"I can't believe how much we accomplished. We've lived in our home for years and didn't do anything, and that could have gone on forever. This motivated us to do stuff we were procrastinating about."
– Chris Renwick, Episode 3

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Urban dwelling made easy

Need to make an office double as a guest room? A living room as a play area? Design Sponge editor Grace Bonney solves the conundrums of city living

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"We're used to seeing apartments with little space. So few of us in New York have extra rooms, it becomes all about finding ways to make your rooms do double-duty," says Grace Bonney, founder and editor of Design Sponge, the popular blog that sparked the current craze for online shelter mags currently happening today.

In the middle of a tour promoting her new book, Design Sponge at Home, the Brooklyn-based queen of all things salvaged and DIYed, paused to answer some of your biggest space-saving questions.

How can I make a living room work as both a playroom and adult space? — Erin Rogers

"The simplest solution is an upholstered storage ottoman," says Bonney. "Basically, you want to have something that you can open up and store all the toys in and yet looks good enough that when you flip the top back over, you have a place for your guests to sit when they come over," she adds.

Bonney suggests combing your local flea markets and thrift stores for old, large wooden boxes and then upholster the lid using a staple gun.

"These are great for stashing things last minute. And when your guests leave, you can take all of the kids's things back out," she says.

My girlfriend insists on hanging a lot of art on the walls but it makes our studio apartment look crowded and I'm feeling claustrophobic. Help! — Andreas W.

"It's interesting because we're seeing this transition where people are moving away from the cluttered wall. For a while, people were really embracing that gallery wall where you have a lot of small frames on the wall in an asymmetrical shape," Bonney explains. "That was fun for a while, but it actually has a college dorm vibe. It makes the room feel cluttered," she adds.

The more modern approach is to select fewer, larger pieces. "Hang three pictures instead of, say, 20. It makes things look cleaner and more open. So maybe sell some of those smaller pieces."

We are two procrastinators with a new infant and a one-bedroom apartment. Any ideas about how we can create a room for the baby with no extra bedrooms? — Michelle Peters

"In cities like New York, people don't typically create separate baby rooms because space is such an issue. I think most people just create nooks in their own rooms," Bonney says.

She suggests buying furniture that will work seamlessly into the look you've established for your place already, instead of the big primary coloured plastic stuff.

"Baby rooms don't necessarily need to have ducks on the wall. Convert one half of your bedroom into a space for the baby and buy furniture that can double as storage, seating and a changing station.

Companies such as Neto make gorgeous furniture for babies that you frankly wouldn't know is for an infant," she adds.

My living room has no windows. How can I make the room seem light and bright? — Romella M.

"People with this problem tend to crowd their room with desk and table lamps but that's actually one of the biggest mistakes you can make," Bonney notes.

Instead, go for chandeliers and any other fixtures that light the room from the ceiling.

"That's where light naturally comes from in a room with windows, the top. You want to draw the eye up," Bonney says.

She also suggests placing large-scale mirrors high on the wall to reflect the light emanating from the fixture. "It will make the room feel brighter."

How can I make my home office double as a guest room, without having visitors feel like they're crashing in my work space? — Andre Harris

Purchasing a chaise lounge or a pull-out bed is the first and most obvious solution. But Bonney has some useful ways to make the room feel a little cosier.

"One thing you can do is buy great looking upholstery, almost like a table cloth, that you can use to cover your desk. You may even want to put a glass top over it," she says.

"Another nice thing to do is to customize throw blankets or pillows. Ikea has these really inexpensive fleece blankets. You can just stitch your guests' initials on it and leave it on the bed to make the room feel more personalized during their stay. And the nice thing is, they can take it away with them when they leave," she adds.

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ANNA-MALIN A-LINDGREN

▶ Multi-tasking rooms are a way of life in cities. So don't be embarrassed to move that desk into your kitchen.

It's all in the details

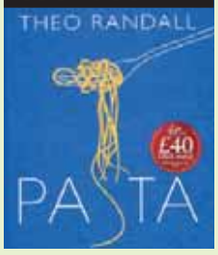
Here are three simple ways to open up your place:

1. **Go easy on the bookshelves.** "A lot of people tend to tackle their clutter with big standing bookshelves, but if you don't have enough space, it can weigh the room down. Try wall shelves, which make the room look larger."

2. **Put the DVDs away.** "Nothing makes a room feel smaller than seeing lots of small things cluttered together. Rather than storing your DVDs all in a row on shelves, place them in boxes to minimize the clutter.

3. **Don't be afraid of glass or acrylic furniture.** "It's an easy way to make a small place appear bigger. Darker wood furniture can visually weigh the eye down."

Weekly Cookbook



Simply titled Pasta (2011. Ebury Press), Theo Randall's debut book offers more than 100 original pasta recipes.

Using fresh and dried pasta, and tasty ingredients, Randall presents a variety of dishes that can be prepared in minutes.

With simple steps, photos and tips, Pasta offers recipes for Linguine with Pesto, Potatoes and Green Beans; Taglierini with Seafood and Tomato, Penne with Sausage, Pancetta and Swiss Chard, among others.

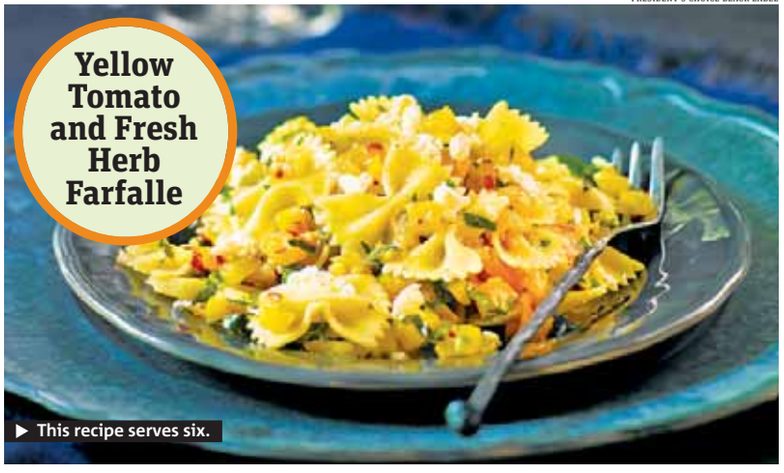
Fancy plating made simple

Entertaining guests can be stressful Make it easier with quick recipes that present well Yellow Tomato & Fresh Herb Farfalle is a great option that only takes 40 minutes to make

Guests — whether expected or unexpected — can be a lot of fun. To help you focus on the fun instead of the stress of entertaining, this Yellow Tomato and Fresh Herb Farfalle pasta is perfect.

Vegetarian guests will love it and if you want, you can top it with some grilled chicken for those guests who insist on having meat in their meal.

PRESIDENT'S CHOICE BLACK LABEL



Ingredients:

- 4 cups (1 L) PC black label Farfalle Pasta
- 2 tbsp (25 mL) olive oil
- ¼ cup (50 mL) chopped shallots
- 2 tsp (10 mL) minced garlic
- ¼ tsp (1 mL) hot pepper flakes
- 1 can (400 mL) PC black label Whole Yellow Tomatoes, chopped
- ¼ cup (50 mL) sliced fresh basil
- 2 tbsp (25 mL) each chopped fresh Italian parsley and tarragon
- 1 tsp (5 mL) sea salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (75 mL) crumbled PC Soft Unripened Goat's Milk Cheese

Preparation:

1. In a saucepan of boiling water, cook the pasta 7 to 9 minutes or until it is tender but firm. Drain.
2. Meanwhile, in a non-stick frying pan, heat the oil over medium heat; cook the shallots, garlic and hot pepper flakes for 2 to 3 minutes. Stir in the Whole Yellow Tomatoes and juices, basil, parsley, tarragon, salt and pepper. Bring to a simmer; cook 2 to 3 minutes.
3. Add the drained pasta to sauce; stir to combine. Transfer to serving bowl; sprinkle with cheese and serve.

PRESIDENT'S CHOICE BLACK LABEL

Impress dinner guests with a seemingly difficult appetizer that is ready in just about 20 minutes

Cheddar Bacon Marmalade Toasts

Smoky, sweet and with a touch of tang, bacon marmalade is tantalizing atop crisped slices of baguette smothered in melted, bubbly cheddar.

Your guests will adore this elegant hors d'oeuvre that's easy to make.

Preparation:

1. Preheat the oven to 350°F (180°C). Line baking sheet with parchment paper.
2. Slice the baguette into 40 1/2-inch (1 cm) thick slices, discarding the heels. Place flat on prepared baking sheet. Brush tops with oil. Bake 5 mins. or until lightly toasted
3. Sprinkle with cheese; bake 8 to 10 mins. or until cheese is bubbling and toasts are crisp. Transfer toasts to a platter. Place small dollop of Bacon Marmalade Spread on each toast, dividing marmalade evenly. Top each with a piece of pear. Sprinkle with thyme and serve.

PRESIDENT'S CHOICE BLACK LABEL

Ingredients:

- 1 PC French Baguette
- 2 tbsp (25 mL) olive oil
- 1-1/2 cups (375 mL shredded PC black label 8 Year-Old Canadian White Cheddar Cheese, about 160 g
- 2/3 cup (150 mL) PC black label Bacon Marmalade Spread
- 1 Bartlett pear (skin on), cored and cut in 20 wedges, each wedge cut in half crosswise
- ½ tsp (2 mL) fresh thyme leaves

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SPECIAL INFORMATION FEATURE

SAMANTHA EVERTS/FOR METRO

▶ Art Is In head baker Kevin Matthieson.

Knead fulfilled for Art Is In classes

Beginning this weekend, popular local bakery Art Is In has finally answered continuous requests for classes by head baker Kevin Matthieson.

After apprenticing in Monte Carlo, Paris and New York under pastry masters, Matthieson has brought his international expertise to the delight of anyone who enjoys a good loaf of bread, or a rich almond brioche.

"I'm a little nervous because it's my first time teaching a class, but I'm going to plan it out perfectly so everyone gets their hands in flour."

Matthieson says the classes were inspired in part because of his own love of bread. "I love being flour-coated. Every time you bake a loaf it's got character and is different."

Just in time for the holiday season, classes being offered include buttery house rolls, puff pastry to make your own napoleons, cookies and even a traditional French baguette.

Matthieson isn't looking forward to one class over another, but raves about the puff pastry recipe.

"It's going to puff out eight times the original height and be made with real butter. You'll be able to blow away your guests and I'll show you an easy way to do it."

He hopes chefs in the city will also participate.

Art Is In staff say the affordable classes have been filling up quickly, but with classes like how to make the perfect croissant (in your own home!) being offered early in the new year, get ready to break out the dough.

Sign up for your classes at artisinbakery.com/classes or visit in person at 250 City Center Ave., Bay 114.

SAMANTHA EVERTS

Tip a glass, support your local Brewer

Saint Brigid's Centre For The Arts hosting Beer From Here tonight

JEFF O'REILLY
FOR METRO

JEFF O'REILLY/FOR METRO

▶ At the brewery, owner Paul Meek gets ready to introduce you to Kichesippi LOGGER.

With a new home, new look, new name, expanded schedule, new venues and experiences, The Ottawa Wine and Food Festival should be on every foodie, wine and beer lover's calendar.

A chance to explore the best of literally everything available, it's guaranteed you will discover a whole list of new favourites. While the sparkling Ottawa Convention Centre is home base for this highly anticipated annual wine and food show, it is certainly not the only location waiting to tempt your taste buds.

I highly recommend taking a stroll down to Saint Brigid's Centre For The Arts as it hosts an exciting new affair called Beer From Here, where you can meet local brewers as they showcase the best the 613 has to offer.

Food Network Canada's flashy celebrity chef Anthony Sedlak — a guy who preaches the virtues of using the best locally available product — will be presenting some creative food pairings with fantastic homegrown beers from Beau's All Natural Brewing, Hogsback Brewing Company, Mill Street Brewery, The Clock Tower Brew Pubs and the Kichesippi Beer Company.

Definitely be on the lookout for a brand new beer being launched tonight — Kichesippi LOGGER. Inspired by a nearly extinct style of beer — a Pennsylvania porter — from the United States' oldest brewery Yuengling (pronounced ying-ling), this beer is like nothing most have ever tasted.

The first thing that sets this porter apart is it is brewed with bottom fermenting lager yeast where as most porters are ales. Not only having fun with the wordplay of logger (lager), the beer also pays tribute to the legendary Big Joe Mufferaw and the hard-working log drivers who helped build Ottawa and the Valley.

Kichesippi LOGGER (five per cent alcohol by volume) pours an attractive ruby tinted chestnut colour with full tan foam head. The aromas of mellow toasty malts are subtle and subdued. Delicious buttery cocoa, caramel and roast coffee delight as this creamy, smooth beer is uniquely light bodied with a superbly dry finish, giving it extraordinary drinkability. I can see this beer gaining a following in a hurry.

The beer scene keeps getting better and better here in Ottawa and it's time you took advantage of it. Get out and support your local brewers.

Beer From Here is on tonight at 6:30 at the Saint Brigid's Centre For The Arts (ottawawineandfoodfestival.com).

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Organic. Is it worth it?

FARM TO FORK

BOB BRAWDY/THE TRI-CITY HERALD/THE ASSOCIATED PRESS FILE

▶ According to the U.S. Department of Agriculture, 0.2 per cent of the corn and soybeans and 0.7 per cent of the wheat is organically grown in the U.S.

Organic food — is it for real? What are the issues?

The first is oversight. The U.S. Department of Agriculture (USDA) recognizes 13,000 certified growers and 53 certification agencies (CAs) that are responsible for ensuring that farmers follow approved methods before they can market their products.

However, during the first 10 months of 2010, these CAs only suspended 21 farmers for unacceptable practices. Indeed, only 10 agencies found fault with any producers and the rest passed. This would not seem suspicious if the opportunity to cut corners was not so easy, the financial rewards so great and the modest downside of such behaviour.

According to the Ontario Ministry of Agriculture, an organic soybean producer has a yield of 30 bushels per acre, but typically receives $16 per bushel. Meanwhile, his non-organic growing neighbour can expect 40 bushels per acre, but $8 per bushel.

Thus, with the knowledge that oversight is minimal, if the "organic" soybean farmer was to apply the same perfectly legal practices as his neighbour, his yield would increase by 10 bushels per acre and his revenue by $160. If caught (unlikely), he would have the same income as his neighbour. Tempting?

But why is not oversight more rigorous? Organic producer infractions are difficult to detect unless the farmer is caught in the act, and also because of the limited capacity of CAs to conduct effective inspection in far-flung fields. Also, it takes sophisticated techniques to determine if produce came from genetically modified seeds, the farmer used petroleum-based nitrogen fertilizer, or artificial chemicals were applied.

Also, CAs have a close relationship with growers who are their source of income, but seldom any contact with consumers.

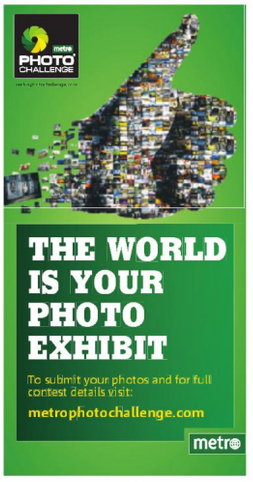
Then there is the question of where does all the organic food come from.

According to Statistics Canada, there are 3,555 recognized organic producers, which represent 1.5 per cent of all farmers and less than one per cent of available land. As mentioned, there are 13,000 recognized certified organic growers in the U.S. (out of two million farmers), which utilize 0.6 per cent of the total farmland.

Furthermore, according to the USDA, 0.2 per cent of the corn and soybeans and 0.7 per cent of the wheat is organically grown.

For such an insignificant commitment by farmers, there certainly are a lot of organic products on the market.

MAURICE HLADIK IS THE AUTHOR OF THE SOON TO BE PUBLISHED BOOK, DEMYSTIFYING FOOD FROM FARM TO FORK.



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Wines that are suitable for gifting or savouring this holiday season

Vintages kicks off series of features, two more to come

IF I HAD $100 ... TO SPEND AT VINTAGES

SUSAN DESJARDINS
FOR METRO

As the holiday season approaches, the Nov. 12 LCBO Vintages release kicks off a series of features focusing on high-end wines from around the world suitable for gifting or savouring.

Our selection focuses on good value.

In addition, this release tenders a wide range of ports and dessert wines certain to satisfy the most discriminating palate.

Pace yourselves as we will have two more releases before the holiday season.

Lenz Moser 'Prestige' Trockenbeerenauslese 2008, Austria
(LCBO 729657, $19.95)
▶ A luscious, harmonious well-balanced dessert wine.

Delas Frères 'Saint-Esprit' Côtes du Rhône 2009, France
(LCBO 729962, $14.95)
▶ Syrah dominated, fruity, vibrant, balanced and well structured.

Stalking Horse Shiraz 2008, Australia
(LCBO 251215, $17.95)
▶ Inky, voluptuous, loaded with ripe black fruit and licorice.

Duque de Medina Gran Reserva 2000, Spain
(LCBO 148494, $18.95)
▶ Mellow, restrained, and velvety, displaying evolved aromas and flavours.

Willamette Valley Vineyards Pinot Gris 2009, Oregon
(LCBO 940528, $18.95)
▶ Ample, refreshing, evoking sun-ripened fruits of summer.

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PROTECT YOUR VISION

MISUSE OF HAND-HELD DEVICES, LAPTOPS CAN STRAIN EYES: EXPERTS

Some people say the eye is the most precious organ. That makes it all the more important to preserve and protect your vision throughout life, from infancy to old age.

But misuse of today's growing array of hand-held and laptop gadgets can strain the eyes, making it difficult to maintain vision health.

One of the biggest problems, says Samuel N. Markowitz, a Toronto ophthalmologist, is using these devices in sub-optimal viewing conditions. For example, people sit in bed shining a tiny bright light on their iPad, or use their BlackBerry in dark subways.

In an office environment, the overhead lighting shouldn't be "stark," says Joe Chan, a Mississauga optometrist. "Fluorescent lighting can bother the eyes." Instead, use a desk lamp with an adjustable arm that focuses diffused light on what you are working on.

Chan recommends keeping the computer screen "a good arm's length away" from your eyes and at a downward angle. As well, he suggests the "20-20" rule: Looking at something about 20 feet away from the screen every 20 minutes or so to give your eyes a rest. "When you stare at the screen, you don't blink," he says. "Your eyes try to compensate by watering, and this dries them out and can damage the surface of the eye."

ISTOCKPHOTO/THINKSTOCK

Years of eye strain can start to interfere with vision as people reach the age of 30 or 35, says Markowitz. Your specialist can check for eye problems, including presbyopia, age-related loss in flexibility of the eye's lens, and hyperopia, or far-sightedness, which can be corrected with prescription eyewear.

A common cause of eye problems is not taking proper care of contact lenses, which have become extremely popular. "I think it's part of human nature to try and cut corners," and not clean and soak lenses diligently, says Chan. Improper care can lead to a buildup of protein on the surface of the eye.

And don't ever leave your contact lenses in overnight, say both Chan and Markowitz.

– Pauline Anderson

ENJOY GIFT OF CLEAR SIGHT WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

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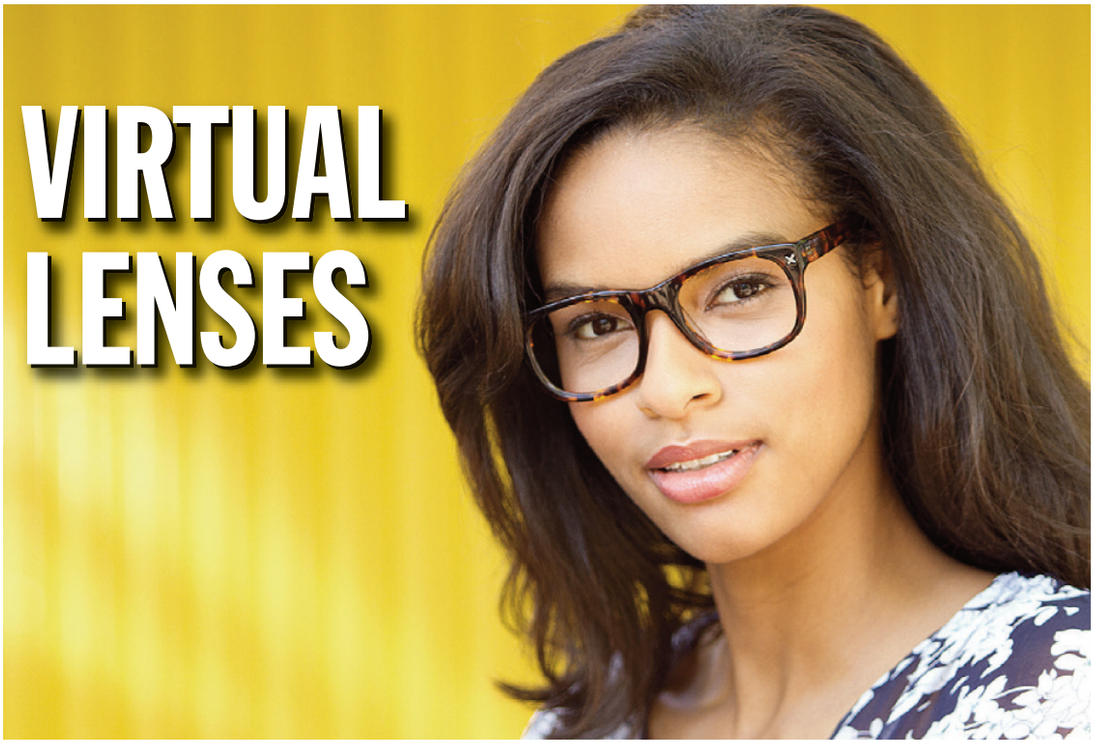
IT'S EASY BUYING EYEGLASSES AND CONTACTS ONLINE

Alana Jestadt, 28, a manager of a Toronto spa specializing in natural products, has been wearing glasses and contact lenses since she was a teenager. Tired of paying out of pocket for her prescriptions, and with limited resources, she started to explore online options.

She learned that by eliminating the costs and markups that go into running and staffing a retail outlet, online companies can save her a bundle — up to 70 per cent — and she can still get a beautiful pair of designer glasses.

Buying online is not only less expensive, but more convenient than coping with crowds and long waits for in-store service.

And it's an easy process. After getting an updated prescription for glasses or contact lenses from a trusted eye care professional, "just head to our site and browse for your perfect pair of frames," says Erin Taylor-Mitchell, executive editor, ClearlyContacts.ca, an online Vancouver-based optical store. "You can narrow your search based on size, brand, price, shape and colour. Once you've found your favourite frames, simply enter your prescription, choose your lens, and check out."



The site helps customers choose the most suitable frames, and for someone like Jestadt in the beauty and service industry, this is a real plus. She loves using the ClearlyContacts.ca "virtual mirror" and getting her friends to comment on how each pair looks after sending them an online photo. She also enjoys using another tool that helps her find the glasses that best complement her unique face and features.

Jestadt also appreciates the fast door-to-door service. "Our goal is to get your glasses to you in less than five business days, but have been known to surprise people with next-day delivery," says Taylor-Mitchell. She adds that free shipping is also currently available for orders over $99.

And if Jestadt changes her mind? The company has a 365-day return policy and even pays return shipping.

– Pauline Anderson

CHANGING VIEWS

Most of us have access to corrective eyewear that allows us to clearly see the beautiful world around us. But not everyone is so lucky. Some 560 million people in this country and around the world have vision problems and, for them, buying eyeglasses is simply a pipe dream.

ClearlyContacts.ca founder Roger Hardy has stepped in to change that. Last year, he started a charity project called Change the View. To date, his company has donated thousands of pairs of glasses to needy people throughout Canada, the United States, and as far away as West Africa, Kenya, New Delhi, Haiti, Honduras and Panama.

"We believe that everyone has the right to clear vision and we want to help make this right a reality," explains Hardy.

"Poor vision can lead to injuries that are preventable, limited learning capability for kids in school, and loss of employment. Being able to see clearly results in increased earning potential and improved quality of life."

Every time you buy frames from participating designers, a second pair — the frames as well as prescription — is donated to someone in need.

FASHION STATEMENT

From runways and big screens to classrooms and boardrooms across the country, glasses today are more of a fashion statement than ever before. Celebrities help shape what's hot in eyewear; think Justin Timberlake's big and bold square glasses, or Tina Fey's sleek and refined oval-shaped specs.

Once merely functional, eyeglasses are now a fashion staple. "Glasses have transformed from being a needed medical device to a wanted fashion accessory that can totally transform your outfit," says Erin Taylor-Mitchell of ClearlyContacts.ca. "The fact that people purchase frames with non-prescription lenses just so they can rock the latest geek chic style is a perfect example of this."

This geek chic look combines vintage shapes like oversized square frames with retro colours such as rich tortoise shell, says Taylor-Mitchell. Another big trend today is vintage style frames, thanks to the popularity of TV shows such as Mad Men and Pan Am.

And watch out for frames in loud colours like lime green and bright orange, as well as novel hues such as burgundies and purples.

There are also leopard skin and other bold prints and patterns to choose from.

Having multiple pairs of glasses to match different outfits is also the rage. "Just recently, we asked our customers how many pairs of glasses they owned and were impressed to see collections ranging from three pairs to over 15 different pairs," says Taylor-Mitchell. "With glasses now being affordable, our customers are able to change up their look depending on the occasion. What woman wouldn't love to have a pair of glasses to match each of her pairs of shoes?"

The optical market has expanded to accommodate the growing demand for glasses that express one's personality. "We believe that glasses are an extension of who you are," says Taylor-Mitchell. "Glasses are the first thing people see, which is why it's so important to live your style and personality through them."

CLEARLY CANADIAN

While working for a contact lens manufacturer, Roger Hardy discovered that optical stores significantly mark up prices for contact lenses and eyeglasses. Recognizing an opportunity to better serve customers, he founded ClearlyContacts.ca in 2000.

Since then, the Vancouver-based company has become the largest online optical store in Canada, with sales of glasses growing by a whopping 100 per cent every year. Analysts expect company revenues to exceed $180 million in 2011.

To date, ClearlyContacts.ca has sold more than one million pairs of eyeglasses. More than three million customers can choose from a selection of more than 1,500 designer styles that constantly changes.

All the company's glasses are manufactured in Canada by a talented team that uses the highest quality materials. And the products are delivered right to your door — at home or the office.

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4 sports

Gaborik sinks the Sens

Rangers forward scores twice, including the game-winner, as Ottawa drops fourth game in a row ◐ Foligno, Michalek score for Senators, Konopka fights with Avery

3	2
RANGERS	SENATORS

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IM-

▶ Jason Spezza pushes New York's Ryan McDonagh as Henrik Lundqvist guards his net during last night's action.

Marian Gaborik scored twice including the game winner as the New York Rangers defeated the Ottawa Senators 3-2 last night.

Gaborik elected to shoot during a two-on-one with teammate Derek Stepan and beat Ottawa goaltender Craig Anderson short side to give the Rangers a 3-1 lead in the third period.

Nick Foligno beat Henrik Lundqvist just over a minute later to cut New York's lead to one, but the Senators were unable to tie the game.

Stepan had a goal and two assists for the Rangers (8-3-3) while Artem Anisimov picked up two assists.

Milan Michalek had the other goal for the Senators (7-8-1), who have now dropped four straight following a six-game winning streak.

Anderson only faced 19 shots while his teammates fired 31 at Lundqvist.

The Senators didn't do themselves any favours in the second period after they took a 1-0 lead on Michalek's goal when two breakdowns led to two Rangers' goals in short order.

On the first, Gaborik was left unguarded and he had an easy tap into an empty net at 9:21 following a cross-ice pass from Stepan.

Just 42 seconds later the Senators' defence was once again absent as the puck lay in the crease by the feet of Anderson who was on his back. Stepan capitalized by skating around the net and scoring into an empty net.

The Senators had controlled the play for most of the first two periods, outshooting the Rangers 21-11 in the process, but other than a great shot by Michalek that went over Lundqvist's shoulder at 8:39 of the second period they didn't have any good scoring chances.

Ottawa's Erik Karlsson broke in behind the defence and got a pass from Colin Greening, but his shot from in close was snared by the glove hand of Lundqvist.

The only action of the first period was an early fight between Sean Avery of the Rangers and the Senators' Zenon Konopka, although the posturing before the bout seemed to last longer than the fight itself. THE CANADIAN PRESS

Still out

Daniel Alfredsson, Matt Carkner and Peter Regin continued to be sidelined for the Senators.

- Alfredsson missed his sixth game with a concussion and Regin his 11th with a bad shoulder while Carkner has yet to play this year with a knee injury.
- Defenceman Brian Lee was a healthy scratch.

Quoted

"This is a tragedy. It is one of the great sorrows of my life. With the benefit of hindsight, I wish I had done more."

JOE PATERNO. THE PENN STATE FOOTBALL COACH PREACHED SUCCESS WITH HONOUR FOR HALF A CENTURY, BUT HIS LEGEND WAS SHATTERED BY A CHILD SEX ABUSE SCANDAL INVOLVING HIS FORMER ASSISTANT. PATERNO SAID HE WOULD RETIRE AT THE END OF THIS SEASON, BUT THE UNIVERSITY'S TRUSTEES DECIDED LAST NIGHT TO REMOVE HIM IMMEDIATELY.

NBA deadline passes, bargaining continues

As commissioner David Stern's deadline passed, the NBA and its players continued negotiating yesterday in an attempt to end the lockout.

The two sides met for more than nine hours to try to hash out a deal to save the season.

Stern had issued an ultimatum to players: Accept the league's latest proposal by 5 p.m. ET yesterday or it would be replaced with a much harsher one that would drive the sides even farther apart.

Players said Tuesday they wouldn't accept the current proposal as configured and suggested another negotiation session.

The current offer calls for players to receive between 49 per cent and 51 per cent of basketball-related income, though union officials said it would be impossible to get above 50.2 per cent. Players were guaranteed 57 per cent of BRI under the previous collective bargaining agreement.

The next proposal would call for a 53-47 revenue split in the owners' favour, essentially a hard salary cap and salary rollbacks, which the league originally sought but had taken off the table.

Both proposals were sent to union executive director Billy Hunter on Sunday.

The meeting featuring small groups from both sides was arranged yesterday morning.

Lawyer Jeffrey Kessler took part along with other union negotiators, hours after saying he regretted telling the Washington Post that owners are treating players like "plantation workers" during the ongoing lockout. He added he planned to call Stern and apologize. THE ASSOCIATED PRESS

RICHARD DREW/THE ASSOCIATED PRESS

▶ David Stern

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2007 MAZDA 3 HATCHBACK

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	15	9	5	1	0	46	51	19	5-2-1-0	4-3-0-0	5-5-0-0	L2
d-Washington	13	9	4	0	0	50	38	18	6-1-0-0	3-3-0-0	6-4-0-0	L2
Buffalo	14	9	5	0	0	42	33	18	4-4-0-0	5-1-0-0	6-4-0-0	W3
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
NY Rangers	13	7	3	1	2	35	28	17	4-1-0-1	3-2-1-1	7-2-0-1	W4
Florida	14	7	4	0	3	39	37	17	2-1-0-3	5-3-0-0	4-3-0-3	W1
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
New Jersey	13	7	5	0	1	33	36	15	4-2-0-1	3-3-0-0	5-3-0-1	W3
Ottawa	15	7	7	0	1	45	55	15	5-3-0-1	2-4-0-0	6-3-0-1	L3
Winnipeg	15	5	7	2	1	40	51	13	2-2-0-0	3-5-2-1	4-4-2-0	L3
Carolina	15	5	7	2	1	37	50	13	3-3-0-1	2-4-2-0	3-5-1-1	L3
Boston	13	6	7	0	0	40	30	12	4-5-0-0	2-2-0-0	5-5-0-0	W3
Montreal	14	5	7	1	1	35	39	12	2-4-1-1	3-3-0-0	4-5-1-0	L2
NY Islanders	12	4	6	1	1	25	35	10	4-3-1-0	0-3-0-1	3-5-1-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	14	11	3	0	0	45	33	22	6-1-0-0	5-2-0-0	8-2-0-0	W4
d-Edmonton	14	9	3	0	2	33	23	20	5-1-0-1	4-2-0-1	7-2-0-1	W1
d-Chicago	15	8	4	1	2	46	45	19	5-1-0-2	3-3-1-0	5-3-1-1	L3
Minnesota	14	8	3	2	1	33	26	19	5-2-1-0	3-1-1-1	6-2-2-0	W5
San Jose	13	8	4	1	0	41	35	17	3-2-1-0	5-2-0-0	7-2-1-0	W1
Los Angeles	15	7	5	1	2	34	35	17	4-3-0-1	3-2-1-1	4-4-1-1	W1
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
Nashville	14	7	5	1	1	38	38	16	2-2-0-1	5-3-1-0	5-4-1-0	L1
Detroit	13	7	5	1	0	34	31	15	5-2-1-0	2-3-0-0	4-5-1-0	W2
Colorado	15	7	7	1	0	42	47	15	1-5-0-0	6-2-1-0	3-6-1-0	L4
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
St. Louis	14	7	7	0	0	35	35	14	4-1-0-0	3-6-0-0	5-5-0-0	W1
Calgary	14	6	7	1	0	30	35	13	3-4-1-0	3-3-0-0	5-4-1-0	L1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers at Ottawa
Philadelphia at Tampa Bay
Nashville at Anaheim
Tuesday's results
Edmonton 3 Montreal 1
Buffalo 6 Winnipeg 5 (OT)
Florida 5 Toronto 1
Minnesota 3 Calgary 0
Dallas 5 Washington 2
Detroit 5 Colorado 2
Los Angeles 4 Nashville 3
New Jersey 3 Carolina 2
St. Louis 3 Chicago 0
Tonight's games
Edmonton at Boston, 7 p.m.
Chicago at Columbus, 7 p.m.
Toronto at St. Louis, 8 p.m.
Florida at Winnipeg, 8:30 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Montreal at Phoenix, 9 p.m.
Vancouver at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.
Tomorrow's games
Washington at New Jersey, 7 p.m.
Carolina at N.Y. Rangers, 7 p.m.
Dallas at Pittsburgh, 7 p.m.
Ottawa at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Calgary at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10:35 p.m. (changed from 10 p.m.)
Saturday's games
Ottawa at Toronto, 7 p.m.
Buffalo at Boston, 7 p.m.
New Jersey at Washington, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Dallas at Detroit, 7 p.m.
Winnipeg at Columbus, 7 p.m.
Montreal at Nashville, 7 p.m.
Tampa Bay at St. Louis, 8 p.m.
Calgary at Colorado, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Phoenix at San Jose, 10:30 p.m.
Sunday's games
Philadelphia at Florida, 5 p.m.
Edmonton at Chicago, 7 p.m.
Minnesota at Anaheim, 8 p.m.
N.Y. Islanders at Vancouver, 9 p.m.
Monday's games
Philadelphia at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Tampa Bay at Winnipeg, 8:30 p.m.

LATE TUESDAY

SABRES 6, JETS 5 (OT)

First Period
1. Winnipeg, Flood 2 (Glass, Slater) 4:48
2. Winnipeg, Little 1 (Wheeler, Ladd) 5:54
3. Buffalo, Roy 3 (Myers) 9:05 (pp)
4. Buffalo, Tropp 1 (Gerbe, Gaustad) 9:16
5. Winnipeg, Glass 3 (Wellwood) 11:25
6. Buffalo, Pominville 6 (Gaustad) 13:06 (sh)
Penalties — Burmistrov Wpg (charging) 6:39, Antropov Wpg (cross-checking) 8:47, Leopold Buf (holding) 12:25, Kane Wpg (holding) 17:39, Bogosian Wpg (hooking) 18:14.
Second Period
7. Winnipeg, Little 2 (Byfuglien, Stapleton) 1:07 (pp)
8. Buffalo, Vanek 9 (Boyes, Roy) 15:48 (pp)
Penalties — Gerbe Buf (holding stick) 0:30, Ladd Wpg (interference) 3:52, Glass Wpg, McCormick Buf (fighting) 8:16, Gerbe Buf (tripping) 9:08, Ladd Wpg (holding) 15:26, Adam Buf (hooking) 19:18, Kane Wpg (holding) 20:00.
Third Period
9. Winnipeg, Byfuglien 2 (Wheeler) 0:48
10. Buffalo, Roy 4 (Pominville, Ehrhoff) 13:52 (pp)
Penalties — Byfuglien Wpg (holding) 3:40, Myers Buf (interference) 4:04, Oduya Wpg (cross-checking) 11:14, Bogosian Wpg (high-sticking) 12:51, M.Stuart Wpg (roughing) 13:35.
Overtime
11. Buffalo, Vanek 10 (Pominville, Gragnani) 4:35 (pp)
Penalties — Wheeler Wpg (hooking), Byfuglien Wpg (misconduct) 4:05.
Shots

Winnipeg	12	12	6	1—31
Buffalo	19	9	14	3—45

Goal — Winnipeg: Pavelec (L,4-5-3); Buffalo: Miller (W,5-5-0). **Power plays (goals-chances)** — Winnipeg: 1-5; Buffalo: 4-12.
Referees — Dean Morton, Ian Walsh. **Linesmen** — Brad Kovachik, Derek Amell.
Att. — 18,690 (18,690) at Buffalo, N.Y.

WILD 3, FLAMES 0

First Period
1. Minnesota, Powe 1 (Johnson, Brodziak) 5:35
Penalties — Staubitz Minn, Jackman Cal (fighting) 6:31, Staubitz Minn (hooking) 14:24.
Second Period
2. Minnesota, Heatley 5 (Koivu, Zidlicky) 12:47 (pp)
Penalties — Prosser Minn (hooking) 2:52, Falk Minn (high-sticking) 7:19, Stajan Cal (holding) 11:37, Johnson Minn (fighting, match penalty — head-butting major), Iginla Cal (fighting) 13:41, Zidlicky Minn (interference) 18:59.
Third Period
3. Latendresse 4 (Heatley, Prosser) 19:22 (en)
Penalties — Scandella Min (hooking) 5:22, Tanguay Cal (holding) 10:15, Gillies Min (boarding) 13:16.
Shots

Minnesota	5	9	12	26
Calgary	15	12	14	41

Goal — Minnesota: Backstrom (W, 4-3-2); Calgary: Kiprusoff (L, 6-5-0). **Power plays (goals-chances)** — Minnesota: 1-2; Calgary: 0-7.
Referees — Denis LaRue, Tom Kowal. **Linesmen** — Lonnie Cameron, Brad Lazarowich.
Attendance — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Kessel, Tor	11	11	22
Giroux, Pha	9	10	19
Backstrom, Wash	5	14	19
Vanek, Buf	10	8	18
Kopitar, LA	8	10	18
Pominville, Buf	6	12	18
D.Sedin, Vcr	6	12	18
Benn, Dal	5	13	18
H.Sedin, Vcr	5	13	18
Pavelski, SJ	9	8	17
Lupul, Tor	8	9	17
Eriksson, Dal	8	8	16
Stamkos, TB	10	5	15
Seguin, Bos	8	7	15
Jagr, Pha	6	9	15
Spezza, Ott	6	9	15
P.Kane, Chi	4	11	15
Edler, Vcr	3	12	15
M.Bergeron, TB	2	13	15
Michalek, Ott	9	5	14
Neal, Pgh	9	5	14
Smyth, Edm	7	7	14
Skinner, Car	6	8	14
Ra.Whitney, Phx	6	8	14

Not including last night's games

HOCKEY

CHL/RUSSIA SUPER SERIES

All Times Eastern

	GP	W	L	GF	GA	Pt
Russia	1	1	0	2	0	2
OHL	0	0	0	0	0	0
WHL	0	0	0	0	0	0
QMJHL	1	0	1	0	2	0

Last night's result
At Quebec City
Russia vs. QMJHL
Tonight's game
At Ottawa
Russia vs. OHL, 7 p.m.
Monday, Nov. 14
At Sault Ste. Marie, Ont.
Russia vs. OHL, 7 p.m.
Wednesday, Nov. 16
At Regina
Russia vs. WHL, 8 p.m.
Thursday, Nov. 17
At Moose Jaw, Sask.
Russia vs. WHL, 8 p.m.

IIHF 2011 WORLD JUNIOR A CHALLENGE

At Langley, B.C.

PRELIMINARY ROUND

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
Sweden	2	2	0	0	0	3	0	6
U.S.	1	0	0	0	1	0	1	0
Canada West	**1**	**0**	**0**	**0**	**1**	**0**	**2**	**0**

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Canada East	**1**	**1**	**0**	**0**	**0**	**5**	**0**	**3**
Czech Republic	2	1	0	0	1	4	8	3
Russia	1	0	0	0	1	3	4	0

Note: Three points for a regulation win, two for an overtime win and one for an overtime loss.
Last night's results
All Times Eastern
Russia vs. **Canada Eas**
Canada West vs. U.S.
Tuesday's results
Sweden 2 **Canada West 0**
Czech Republic 4 Russia 3
Tonight's games
Quarter-finals
QF1 — Second A vs. Third B, 7 p.m.
QF2 — Second B vs. Third A, 10:30 p.m.

WOMEN'S FOUR NATIONS

At Nykping, Sweden

PRELIMINARY ROUND

All Times Eastern
Yesterday's results
Canada 5 Finland 0
U.S. 8 Sweden 0
Today's games
Canada vs. U.S., 8:30 a.m.
Sweden vs. Finland, 1 p.m.
Saturday's games
Finland vs. U.S., 6:30 a.m.
Sweden vs. **Canada**, 10 a.m.
Sunday's games
BRONZE MEDAL
Third vs. Fourth Places, 5:30 a.m.
GOLD MEDAL
First vs. Second Places, 9 a.m.

NFL

WEEK NINE

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169

SOUTH

	W	L	T	Pct	PF	PA
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	208	130
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	3	0	.667	196	162
Cleveland	3	5	0	.375	119	170

WEST

	W	L	T	Pct	PF	PA
Kansas City	4	4	0	.500	131	201
San Diego	4	4	0	.500	199	204
Oakland	4	4	0	.500	184	216
Denver	3	5	0	.375	171	224

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	198	184
Dallas	4	4	0	.500	179	175
Philadelphia	3	5	0	.375	203	182
Washington	3	5	0	.375	127	158

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	6	3	0	.667	287	205
Atlanta	5	3	0	.625	189	170
Tampa Bay	4	4	0	.500	147	196
Carolina	2	6	0	.250	187	207

NORTH

	W	L	T	Pct	PF	PA
Green Bay	8	0	0	1.000	275	179
Detroit	6	2	0	.750	239	147
Chicago	5	3	0	.625	200	174
Minnesota	2	6	0	.250	172	199

WEST

	W	L	T	Pct	PF	PA
San Francisco	7	1	0	.875	206	118
Seattle	2	6	0	.250	122	185
Arizona	2	6	0	.250	162	196
St. Louis	1	7	0	.125	100	211

Byes: Carolina, Detroit, Jacksonville, Minnesota
Monday's result
Chicago 30 Philadelphia 24

WEEK 10

All Times Eastern
Tonight's game
Oakland at San Diego, 8:20 p.m.
Sunday's games
Buffalo at Dallas, 1 p.m.
Denver at Kansas City, 1 p.m.
Washington at Miami, 1 p.m.
St. Louis at Cleveland, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Tennessee at Carolina, 1 p.m.
Pittsburgh at Cincinnati, 1 p.m.
Houston at Tampa Bay, 1 p.m.
New Orleans at Atlanta, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Baltimore at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:15 p.m.
Detroit at Chicago, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Monday's game
Minnesota at Green Bay, 8:30 p.m.

CFL

PLAYOFFS

DIVISION SEMIFINALS

Sunday's games
EAST
Bye: Winnipeg
Hamilton at Montreal, 1 p.m.
WEST
Bye: B.C.
Calgary at Edmonton, 4:30 p.m.

DIVISION FINALS

Sunday, Nov. 20
EAST
Hamilton/Montreal at Winnipeg, 1 p.m.
WEST
Calgary/Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

SOCCER

MLS PLAYOFFS

All Times Eastern

MLS CUP

Sunday, Nov. 20
At Carson, Calif.
Houston vs. Los Angeles, 9 p.m.

TENNIS

ATP BNP PARIBAS MASTERS

At Paris
Singles
Second Round
Janko Tipsarevic (11), Serbia, def. Alex Bogomolov Jr., United States, 6-1, 6-0.
David Ferrer (4), Spain, def. Nicolas Mahut, France, 6-4, 6-4.
Andy Murray (2), Britain, def. Jeremy Chardy, France, 6-2, 6-4.
Viktor Troicki (15), Serbia, def. Sergiy Stakhovsky, Ukraine, 6-4, 6-4.
Alexandr Dolgopolov (14), Ukraine, def. Philipp Kohlschreiber, Germany, 6-3, 7-6 (6).
Novak Djokovic (1), Serbia, def. Ivan Dodig, Croatia, 6-4, 6-3.
Roger Federer (3), Switzerland, def. Adrian Mannarino, France, 6-2, 6-3.
John Isner, United States, def. Igor Kunitsyn, Russia, 6-4, 6-4.
Andreas Seppi, Italy, def. Nicolas Almagro (9), Spain, 6-3, 7-5.
Mardy Fish (7), United States, def. Florian Mayer, Germany, 6-1, 6-2.
Feliciano Lopez, Spain, def. Gael Monfils (8), France, 6-3, 6-4.
Juan Monaco, Argentina, def. Gilles Simon (10), France, 6-4, 6-0.
Doubles
First Round
Arnaud Clement and Edouard Roger-Vasselin, France, def. Dick Norman, Belgium, and Sergiy Stakhovsky, Ukraine, 7-6 (8), 6-4.
Eric Butorac, United States, and Jean-Julien Rojer, Netherlands Antilles, def. Kevin Anderson, South Africa, and John Isner, United States, 7-6 (4), 6-7 (8), 10-7 tiebreak.
Second Round
Marcelo Melo and Bruno Soares, Brazil, def. Robert Lindstedt, Sweden, and Horia Tecau (5), Romania, 4-6, 6-3, 10-6 tiebreak.
Santiago Gonzalez, Mexico, and Christopher Kas, Germany, def. Mahesh Bhupathi and Leander Paes (4), India, 3-6, 6-1, 10-8 tiebreak.
Max Mirnyi, Belarus, and **Daniel Nestor (3), Toronto**, def. Frantisek Cermak, Czech Republic, and Filip Polasek, Slovakia, 6-1, 7-6 (15).
Oliver Marach and Alexander Peya (8), Austria, def. Ross Hutchins and Andy Murray, Britain, 61-, 6-3.

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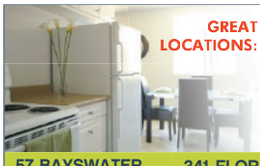

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Public Auctions

Take notice that the owners of Hallview Stables Carlsbad Springs Ontario, will sell by public auction a Friesian horse known as "Cypress" in lieu of money owed for food and accommodations supplied as well as care and labor bestowed upon said horse which was brought to the boarding stable by Cheryl Curran. Ms. Curran can no longer be reached and therefore has abandoned her horse. The amount owing is **$1161**
"Cypress" is an untrained 3 year old mare, (date of birth unknown) and stands aprox 15"1HH.
The auction will take place on **Thursday November 24th, 2011** at 1:00pm at the **Ottawa Livestock Exchange.ca**
This notice is given pursuant to Section 3 of The Innkeepers Act. Act. R.S.O. 1990, Chapter 1.7
Please call **613-822-7169** for further information.

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Sale being held at: Rideau Auctions Inc.
Corner of County Road 31 & 43 - Winchester, ON

Electronics: Gigaset phone; HP Touch pad; Monsterbeats headphones; Nikon D5000 Camera; Nikon Coolpix S3000; Nikon Coolpix L120; Digital camera; Xbox games; PS2&PS3 games; music play accessory pack; Wii slapshot stick; Hanna Montana speakers; printers; battery charger; HDTV cables; digital photo frames; speaker system for Ipod; **Housewares:** microwave; food saver; ice luges; dishes; gravy boats; glasses; mugs; beverage dispenser; 10 piece roaster; platters; salt & pepper shakers; paper towel holder; water bottles; sewing machine; humidifier; irons; picnic backpack; **Gift Shop Items:** collector plates; Cherished Teddies figurines; Precious Moments figurines; pictures; hockey figurines; candles; gift wrap; **Beauty Supplies:** baby wipes; shampoo; conditioner; baby wash; baby lotion; sport wipes; grooming systems **Linens:** sheet sets; blankets; tablecloths; placemats; curtains; crib sets; **Christmas Items:** Disney wrapping paper; musical santa; musical chime clock; trees; ornaments; bows; napkins; night lights; candle holders; throws; cards; garland; poinsettia; socks; **Furniture:** 7 pc dining room set; Frigidaire fridge; electronic fireplace; computer desk; ottoman; Academy desk; 5 pc dining room set; bar stools; accent chairs; deacon benches; 3 pc dining room set; lamps; decorative mirrors; head boards various sizes; mirrors; hutch; bistro set; round table & 4 chairs; accent chair; lounge chair pads; futon; fridge; New & used appliances - **Misc. Items:** Men's & ladies watches; Royal Doulton Figurine; shower enclosure; toilet; bathtub; vanity; Granite fusion sink; 7 pc patio set; laundry sink; elliptical trainer; decorative glass door lites; fountains; exercise bike; spa; slate stones; mattress; picture frames; wireless security system; dimmer switches; wreaths; lamps; wagon planter; deck tiles; sleeping bags; lawn chairs; open signs; marine safety kits; stadium seats; air conditioners; coolers; garbage can; soap dish; toothbrush holders; draft protectors; motorcycle covers; bike rack & trailer; anniversary clocks; jewelry boxes; jewelry; rugs; pool stuff; camping items; luggage; solar lights; snow brushes; roller blades; steering wheel covers; car wax; cd organizer; drill sets; seat covers; shop vac; fishing stuff; compressor; bikes
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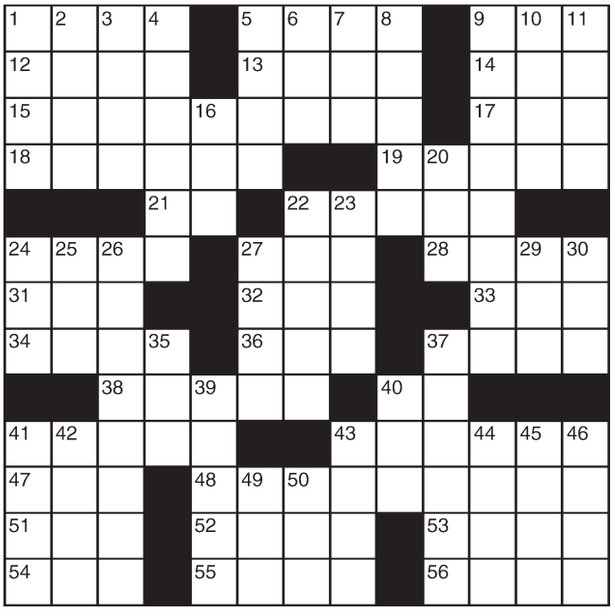
Crossword



Across

1 Hardly hirsute
5 Teeny bit
9 Frat-party item
12 Reed instrument
13 Unembellished
14 A Gabor sister
15 Prop in a Gidget movie
17 Shrill bark
18 Takes the helm
19 Saunter
21 Opposite of 30-Down
22 Crooner Iglesias
24 Not barefoot
27 Anderson's "High —"
28 Frilly
31 Debtor's letters
32 Towel designation
33 Fish eggs
34 Legend
36 "Characters Welcome" network
37 Probability
38 Pop
40 Hairstyle
41 Boston newspaper
43 Plant of the mint family
47 Grazing area
48 Pub target
51 Listener
52 Notion
53 Pleased
54 Conclusion
55 Under the influence
56 Longings

Down

1 Employer
2 Touch
3 Traditional tales
4 Protect
5 Biblical prophet
6 Afternoon social
7 Bobby of hockey
8 Hero's reward
9 QWERTY, for one
10 Satanic
11 Stare stupidly
16 Chum
20 Wire measure
22 Beam supporting a ceiling
23 — Major
24 Alastair who played Scrooge
25 Today, in Tijuana
26 Motorboat feature
27 So
29 Massachusetts cape
30 Opposite of 21-Across
35 Center
37 Study of eggs
39 Made over
40 Slight touch
41 Jane Lynch's show
42 Tilt
43 Remain
44 Crooner Jerry
45 Persia, now
46 Tosses in
49 Big bother
50 Agt.

▶ Yesterday's answer

F	L	A	K		S	U	M		P	H	E	W	
L	A	V	A		M	R	I		R	A	R	E	
O	V	E	R	H	A	N	D		A	N	N	A	
P	E	R	M	I	T		S	N	I	D	E	R	
			A	N	T		T	Y	R	O			
A	S	H		T	E	A		C	I	V	I	C	
P	E	A	R		R	U	G		E	E	L	S	
P	A	N	E	L		K	O	D		R	O	I	
		G	E	E	S		D	E	W				
P	R	O	F	I	T		L	E	A	G	U	E	
L	O	V	E		O	V	E	R	H	A	N	G	
U	S	E	R		W	A	S		O	L	I	O	
M	A	R	S		E	N	S		O	A	T	S	

Sudoku

5		9	3				1	6
				2	9			
					1		4	3
		4					3	5
8	3					1		
2	5		6					
			8	5				
9	8				2	4		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	8	9	4	3	6	5	1	7
1	3	4	7	9	5	2	6	8
7	5	6	2	8	1	4	3	9
3	4	7	5	6	9	1	8	2
6	2	5	1	7	8	9	4	3
9	1	8	3	4	2	7	5	6
8	6	2	9	5	4	3	7	1
4	9	3	8	1	7	6	2	5
5	7	1	6	2	3	8	9	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jamaican luver, I pretend not to like u cause i dont want to be hurt, althought i have a bf my feelings for you is still the same, why cant u see it.
UR JAMAICAN QUEEN

Eustace, To my best friend and Travel buddy forever, I hope this makes it out in print since framing this would be great. This year is 11-11-11 for you not only is the date, great. You were even born at 11:11am, now that's fate. I love u always & what didn't break us this yr only made us stronger. WTCBFF love you. **DANNY**

hubbie, i love, love,love you... you are so annoying yet so incredibly wonderful, pick a side and stick to it, till then i still love being you wife, don`t mind the frequent complaints..lol, c weekend, mo et toi:) let`s makeee a babyyyyy
ON DIT KOI ;)

Today 11°/1° Partly sunny
Friday 5°/1° Partly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A clash over money is likely today but it can be quite easily resolved.

♉ Taurus April 21-May 21 No matter what others might have said or done in recent weeks, you must forgive, forget and move on.

♊ Gemini May 22-June 21 Today's full moon may lead to a few moments of doubt but tomorrow your confidence will soar.

♋ Cancer June 22-July 22 Do something people will remember you for long after you are gone. Just make sure it is something they remember you for with a smile.

♌ Leo July 23-Aug.23 You are going to have to face and overcome a major obstacle. Look at it from a positive perspective.

♍ Virgo Aug. 24- Sept. 22 Don't take anything you see or hear at face value today because the full moon has a tendency to warp.

♎ Libra Sept. 23-Oct. 23 With today's full moon cutting across the money axis of your chart, someone may try to cheat you.

♏ Scorpio Oct. 24-Nov. 22 You'd be wise to take people's views into account before you do things that may change their lives.

♐ Sagittarius Nov. 23-Dec. 21 The full moon is playing havoc with your emotions. By this time tomorrow you'll be back to normal.

♑ Capricorn Dec. 22-Jan. 20 Certain facts and figures don't add up and you're starting to wonder if someone has been misleading you.

♒ Aquarius Jan. 21-Feb. 18 You are intensely ambitious but if you come on too strong, authority figures may turn against you.

♓ Pisces Feb. 19-March 20. If you pick a fight today, it is you who will come out of it the worse for wear. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/ THE ASSOCIATED PRESS

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WIN! You write it!

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*0% Purchase financing for up to 84 Months is available on all 2011 Mazda3, Mazda3 Sport, Mazdaspeed3, Mazda6, Tribute, CX-7, MX-5 and RX-8 models, and up to 72 months on 2011 Mazda2 & CX-9 Models. †Cash buyers receive cash discount of up to $3000 on 2011 Mazda2, up to $3500 on Mazda3 and CX-7, up to $4,000 on Mazdaspeed3 and CX-9, up to $5,000 on Tribute & MX-5, up to $6,000 on Mazda6, and up to $8,000 on RX-8 models. Offers have no cash value and cannot be transferred, assigned or combined. See Elite Mazda or visit **ELITEMAZDA.CA** for details. Vehicles may not be as shown. Offers end November 30, 2011.

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†FREIGHT & PDE DELIVERY INCLUDED.

$139 BI-WEEKLY HST INCLUDED $0 DOWN
96 months term at 4.74%, Freight, PDE & HST included. OAC.

RVR
0% 60 mo. | 1.9% 72 mo. | 2.9% 84 mo.
FROM $19,998 PURCHASE PRICE $21,698
†FREIGHT & PDE DELIVERY INCLUDED.

$139 BI-WEEKLY HST INCLUDED $0 DOWN
96 months term at 4.74%, Freight, PDE & HST included. OAC.

OUTLANDER
0% 60 mo. | 0% 72 mo. | 2.9% 84 mo.
FROM $25,498 PURCHASE PRICE $27,198
†FREIGHT & PDE DELIVERY INCLUDED.

$169 BI-WEEKLY HST INCLUDED $0 DOWN
96 months term at 4.74%, Freight, PDE & HST included. OAC.

ENDEAVOR
0% 60 mo. | 0% 72 mo. | 0% 84 mo.
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†FREIGHT & PDE DELIVERY INCLUDED.

$219 BI-WEEKLY HST INCLUDED $0 DOWN
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